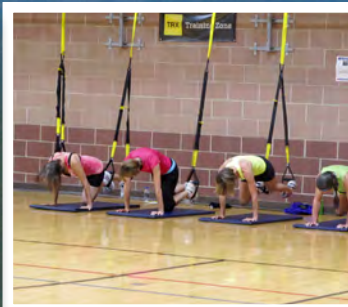


RECREATION

AND SENIOR SERVICES CATALOG



SEPTEMBER - DECEMBER 2014

900 W. Via Appia
Louisville CO 80027
www.louisvillerecreation.com
303-666-7400

Garage Sale

Youth & Teen

Register
Early!
SPACE IS
LIMITED!

Sat., Oct. 25 9 - 11:30am

Pack up your "trash" because it's someone else's "treasure." You're the shopkeeper! Peddle your wares for extra cash. Bikes, sporting equipment, books, clothes, toys, etc. Vendors must be 18 and younger. Usable treasures only, please.

Vendors please read garage sale tips on your receipt when you register.

For more info contact Mandy at
(303) 335-4902 or mandyp@louisvilleco.gov

\$10 / table (R) // \$12 / table (NR)

Registration Number: 32020-1

Senior Services WELLNESS & RESOURCE FAIR



FRIDAY, OCTOBER 10, 9-11am

Louisville Recreation & Senior Center

Door Prizes · Flu Shots · Massage Resources ·
Housing Transportation · Home Care · Real Estate ·
Fitness · Hospice Nutrition Support Groups ...

And More Resources!



LOUISVILLE LABOR DAY PARADE & FALL FESTIVAL Monday, September 1, 2014 MEMORY SQUARE PARK

MAIN STREET PARADES

Children's Pet Parade, 9am
79th Annual Labor Day Parade, 10am
(Advanced Registration ongoing)

FALL FESTIVAL ACTIVITIES

- * Pancake Breakfast * Bocce Tournament *
- * Food & Craft Booths * Live Music *
- * Family Fun! * The Huckleberry Pie Contest *
- * Children's Entertainment * Bouncy Castles *
- * LAA National Fine Art Show *
- * 19th Annual Motorfest Car Show *
- * **FREE SWIMMING ALL DAY!!** *

Complete listing of celebrations and
online applications for Fall Festival available
www.LouisvilleCO.gov
303-335-4581

GHX

**ETKIN
JOHNSON**
REAL ESTATE PARTNERS

Avista Adventist Hospital

Centura Health.



CORNERSTONE
Orthopaedics & Sports Medicine, P.C.

BALFOUR
SERVICES LIVING

the huckleberry

David A. WERTZ
FAMILY DENTISTRY

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WELCOME

The mission of the City of Louisville Division of Recreation and Senior Services is to provide recreational activities and leisure services that contribute to the physical, mental, and social well being of the citizens.

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AUGUST 2014 – REGISTRATION CALENDAR						
Sun	Mon	Tues	Wed	Thur	Fri	Sat
	11 Resident Online	12 Resident Online	13 Resident Online or Walk-In	14 Resident Online or Walk-In	15 Resident Online or Walk-In	16 Resident Online or Walk-In
17 Resident Online or Walk-In	18 Non-Res Online Resident Online or Walk-In	19 Non-Res Online Resident Online or Walk-In	20 Walk in Begins Non-Res Resident Online or Walk-In	21	22	23

Register online: louisvillerecreation.com

RECREATION AND SENIOR CENTER

Director of Parks and Recreation	303-335-4731
Joe Stevens, joes@louisvilleco.gov	
Recreation Superintendent	303-335-4903
Kathy Martin, kathym@louisvilleco.gov	
Facility Operations Manager	303-335-4910
Julie Seydel, julies@louisvilleco.gov	
Parks & Recreation	
Senior Administrative Assistant	303-335-4735
Polly Boyd, pollyb@louisvilleco.gov	
Recreation Supervisor/Sports	303-335-4909
Jesse DeGraw, jessed@louisvilleco.gov	
Facility Assistant	303-335-4907
Kayla Feeney, kaylaf@louisvilleco.gov	
Recreation Supervisor/Aquatics (lessons)	303-335-4927
Kate Meyer, katem@louisvilleco.gov	

Recreation Supervisor/Aquatics	303-335-4905
Paul Borth, paulb@louisvilleco.gov	
Community Resource Coordinator	303-335-4919
Diane Evans, dianee@louisvilleco.gov	
Senior Services Supervisor	303-335-4914
Katie Beasley, katieb@louisvilleco.gov	
General Programmer/Rentals	303-335-4920
Peggy Jones, peggyj@louisvilleco.gov	
Recreation Supervisor/Youth/Teen	303-335-4902
Mandy Perera, mandyp@louisvilleco.gov	
Building Maintenance	Phil Lind, Mike Thompson 303-335-4900

Louisville Recreation Center	303.666.7400
Louisville Recreation Center Fax	303.335.4959
Fit Zone Updates	303.335.4949
Rain Line	303.335.4998

Facilities

FACILITIES

Louisville Recreation & Senior Center – 900 W. Via Appia
Louisville Parks & Recreation Main Office – 717 Main St.
Louisville Center for the Arts – 801 Grant Street
Louisville City Hall – 749 Main Street
Louisville Sports Complex – 1200 North Courtesy Road
Coal Creek Golf Course – 585 W. Dillon Road
Cemetery – 2105 Empire Road
Memory Square Pool – 801 Grant Street

AMENITIES (57,400 sq. ft.)

- 6 lane, 25 meter pool with diving well
- 160 foot water slide with adventure splash down pool
- Solarium and sun deck
- Sauna
- Hot Tub
- Steam room
- Two free weight rooms
- Gymnasium
- Racquetball and Wallyball courts
- Senior center
- Indoor track (1/10 mile)
- Sand Volleyball Court
- Outdoor inline hockey rink
- 4 outdoor lighted tennis courts
- Free wireless internet
- Locker rooms
- Kid's Corner Babysitting
- Fitness studio
- Multi-purpose rooms

Pool Complex closes 15 minutes prior to facility closure

GENERAL OPERATING HOURS


Monday-Thursday 5:45am-9pm
Friday 5:45am-7pm
Saturday 7am-6pm
Sunday 8am-6pm

The Louisville Recreation Center will be
CLOSED FOR MAINTENANCE
WEDS. 8/20 - WEDS. 8/27
During this time we will be doing much
needed maintenance to the facility.

The steam room and sauna will be
undergoing an extensive renovation to
make those facilities ADA compliant. This project will begin
Aug. 20 and will last approximately two weeks. Please check
our website for more information or call the front desk for an
exact opening date.

Louisville Recreation Center monthly passes can be used at
Bob L. Burger Recreation Center during the facility closure pe-
riod. Punch passes will not be valid at the Lafayette center. An
issued Louisville Recreation Center pass must be presented
for valid admission. Daily visit fee will apply if a Louisville ID
card is not presented.

Information about Bob L. Burger
Recreation Center can be found
at www.cityoflouisville.com
or call 303-665-0469



HOLIDAY HOURS

Maintenance Closure	Aug. 20-27	Closed
Labor Day	Sept. 1	Closed
Thanksgiving	Nov. 27	Closed
Christmas Eve	Dec. 24	Closed at 12
Christmas Day	Dec. 25	Closed

RACQUETBALL / WALLYBALL COURTS

Guests may reserve courts three days in advance. A three hour courtesy notice of cancellation is requested if unable to play at the assigned time. The court will be given to waiting guests after 10 minutes. Courts can be reserved for a maximum of a 2 hour block.

WEIGHT ROOMS

Individuals must be at least 15 years of age to use equipment in the circuit weight room, free weight room or any cardio equipment. Training is available for those under 15 who wish to use the equipment.

No electioneering and/or petitioning of patrons within City buildings is allowed. Such activities may occur on public sidewalks outside the City building but shall not block passage by other users of the sidewalk and shall be conducted in accordance with applicable laws.

FAMILY CHANGING ROOM

As a convenience to our guests with children of the opposite gender, the center provides a family changing room. The room is located off the lobby by the glass doors to the pool. A code can be obtained at the front desk for access. Please utilize the Family Dressing Room for children who are 5 and older.

CODE OF CONDUCT

The Department of Parks and Recreation strives to create a wholesome environment for all participants. The City of Louisville expects reasonable and appropriate behavior from those who visit and use facilities. The department reserves the right to deny admission and/or take disciplinary action against any person(s) violating our Code of Conduct or exhibiting action deemed inappropriate. The violation of the Code of Conduct includes, but is not limited to, the use of obscene language or gestures, disorderly conduct, theft, public intoxication, use of drugs, sexual misconduct, indecency, harassment, failure to cooperate with staff and/or leadership, possession of weapons of any kind, non-compliance with department rules and regulations, any unlawful activity and any other behavior deemed offensive or unacceptable by the Department of Parks and Recreation. All individuals and organizations will be held to this Code of Conduct when using city facilities. Violating the code of conduct can result in expulsion from the Center for any period of time up to and including permanently.

FINANCIAL ASSISTANCE

Reduced fee rates are available to Louisville residents who demonstrate financial need. Confidential applications are available at the Recreation Center or online under Programs and Forms tabs.

RECREATION CENTER POLICIES

- Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.
- Please dress appropriately when in the center. Shoes and shirts are required at all times, unless in pool area.
- Smoking, chewing tobacco, or alcoholic beverages are not allowed in the center.
- Guests are encouraged to bring their own lock to secure valuables and clothing. Locks are also for sale at the center.
- Weapons are prohibited at the center.
- Cell phone usage is restricted to the lobby area only.
- All guests must be 13+ years of age to be on the track, unless participating in a center sponsored program.
- Individuals must be at least 15 years of age to use equipment in the circuit weight room, free weight room or any cardio equipment. Training is available for those 11-14 years of age who wish to use the equipment.
- Strollers or baby carriers are not permitted on the track or in any fitness area.
- The Recreation Center is not responsible for guest's personal belongings. Please secure all items.
- In the best interest of all our patrons, children 5 and older are required to use the gender-appropriate locker room. Please utilize the Family Dressing Room for children of the opposite gender who are 5 years of age or older.
- Disruptive or inappropriate behavior may result in suspension of privileges.
- Please be aware of and follow all posted center rules and guidelines.

ADMISSION FEES

DAILY ADMISSION

Youth 3-18 years	\$4.00
Adult 19-59	\$6.00
Senior 60+	\$4.00
Group Rate (10+)	\$2.50 youth / \$4.50 adults
Children under 3 years of age are admitted at no charge with an adult.	

All visitors must check in at the same time to take advantage of the group rate. If your group is larger than 10 and will be using the pool, please email your request at least 7 days in advance to katem@louisvilleco.gov

*Towel rental \$1.

10 OR 20 VISIT PASS

NON-REFUNDABLE

	10 Visit	20 Visit	Cost per visit
Youth 3-18 years	\$25.00	\$50.00	\$2.50
Adult 19-59	\$45.00	\$90.00	\$4.50
Senior 60+	\$25.00	\$50.00	\$2.50

*Towel rental \$1.

Punch passes are non-refundable. Punches will not expire and can be transferred to another family member or friend.

MONTHLY PASSES

Monthly pass members enjoy unlimited recreation facility usage and Memory Square Pool admission. **Please note the center closure dates before purchasing a membership. The center will be closed in August for annual maintenance, in addition to all major holidays. No credits will be given for closure dates, vacations or unused time.**

	Louisville Resident	Non-Resident
Youth 3-18 years	\$19	\$24
Adult 19-59	\$35	\$40
Senior 60+	\$19	\$24
Couple	\$55	\$60
Family	\$59	\$64

*Towel rental \$1.

MONTHLY AUTO-DEBIT

Monthly passes may be purchased by auto-debit. We will automatically deduct the monthly amount of any monthly pass directly from a checking account. Please bring a voided blank check to sign up for passes. Automatic deductions occur on the 15th of the month, and will continue until notification is given by the member, which may be done at any time without penalty. You must cancel before the 5th of any month to avoid the fee being deducted on the 15th. A \$25 fee will be charged for all returned debits.

Cancellations must be processed by the 5th day of the month by completing a request form at the center. Cancellations will be effective on the 5th.

Facilities



MONTHLY PAID IN FULL

If you prefer, pick any number of months and pay in full for that amount of months. One month passes are non-refundable. If multiple months are purchased, unused months will be eligible for a refund if made in advance.

LOUISVILLE BUSINESS PASS FOR NON-RESIDENTS

Non-residents who work for a business in Louisville may purchase an individual Recreation Center pass at resident rates. Proof of employment includes current business ID, paycheck, letter or business roster on official business stationery. The new Louisville business rate is not available to couples or other family members. Full time, part-time and seasonal employees of a Louisville business may participate in this program as long as gainfully employed by a Louisville business.

Family

A family consists of two adults and their children under the age of 22 living in the same household/residence. Adult siblings, nannies, grandparents, grandchildren, aunts, uncles, and cousins do not fall under the classification of a family. Foreign exchange students can be included in family passes if they are under the age of 22.

Couple

A couple consists of two adults or any combination of adult and child living in the same household. Because a finance contract is formed in purchasing a couple membership, two separate individuals living in different residences will not be considered a couple.

RESIDENT RATES

Louisville rates apply to those who reside within the City of Louisville. Proof of residency includes one of the following: lease agreement or utility bill. A driver's license is not accepted as proof of residency.

A graphic with a green and white camouflage background. Two silver military dog tags are shown hanging from a chain. The text "MILITARY PASS" is written in large, bold, orange letters. Below this, text describes eligibility for military personnel and veterans. At the bottom, contact information for Kayla Feeney is provided.

MILITARY PASS

Any current active duty military personnel or post 9/11 veteran who has been discharged under honorable conditions, and is a Louisville resident is eligible for a 90-day adult pass to the Louisville Recreation Center.

Contact Kayla Feeney at kaylaf@louisvilleco.gov to see if you are eligible.

LOUISVILLE RECREATION / SENIOR CENTER

The center is a 57,400 square foot facility which offers recreational opportunities for a variety of the population. The multipurpose rooms are adjacent to outdoor patios which are available for warm weather events. A residential style kitchen, designed for prepared food, is available for rent.

ROOMS

- 25 classroom style seating in small room
 - 75 banquet style seating in large room
 - 100 audience style seating in large room
- Rental of both large rooms allows for 150 banquet seating and 200 audience style.

Rooms	Fee / hour (Resident)	Fee / hour (Non-Resident)
Large Room (Brooks or Crown)	\$35	\$45
Small Room (Garibaldi or Imperial)	\$25	\$35
Small Meeting Room (Paramount)	\$25	\$35
Kitchen	\$15	\$20
Additional Setup Time (>1 hour)	\$35	\$45

SOUTH GYM (3 HOOPS)

Rental Hours: Weds. 5:30-7:30pm, Friday 4-6pm, Saturday 4-6pm

Resident: \$40 per hour
Non-Resident: \$60 per hour

To rent or for more information, contact Peggy Jones at 303-335-4920 or peggyj@louisvilleco.gov

BIRTHDAY PARTY PACKAGE



Includes a party room for 1 hour, and pool admission for 10 children and 2 adults. Additional guests: \$2.50 child/youth - \$4.50 adult.

Children under the age of 6 must be accompanied by an adult who is actively supervising in the water.

R \$60 / NR \$80

Payment due at time of reservation.

For more information, contact
Peggy Jones at 303-335-4920
or peggyj@louisvilleco.gov

www.louisvillerecreation.com/rentals.htm

LOUISVILLE PARK SHELTERS

The following Louisville park shelters are available to rent. Shelters are only rented May 1 - Sept. 30:

- Annette Brand (Plum Circle & Azure Way)
- Arboretum (Via Appia south of skate park)
- Community (955 Bella Vista Drive)
- Cottonwood (S. Boulder Road & Via Appia)
- Keith Helart (at the end of Monarch Court)
- Heritage (561 W. Cherry Street)
- Meadows (Orchard Way off Cherry Street)
- Memory Square (Jefferson Ave & Spruce Street)
- Pirates (corner of Lafayette & Jefferson)
- Steinbaugh Pavilion (824 Front Street)



Shelter	Fee 1st 4 hours	Each Additional Hour
Community Park shelter (more than 100 attendees)	\$200	\$50
Community Park shelter (less than 100 attendees)	\$110	\$25
All other park shelters	\$70	\$20
Steinbaugh Pavilion (more than 100 attendees)	\$200	\$50
Steinbaugh Pavilion (less than 100 attendees)	\$125	\$25

For more information, and to check availability and rent a shelter online: www.louisvillerecreation.com click on 'Online Registration'. You will need a login and password. Once logged in click 'Search' then 'Facility'.

Kid's Corner Babysitting

KID'S CORNER



DROP-IN BABYSITTING SERVICES

Kid's Corner babysitting provides a stimulating environment for your child to explore and interact with other children while you enjoy the benefits of the facility. Babysitting offers no structured curriculum. **Parents must remain in the facility to use the babysitting services and may not leave the building at any time for any reason. Children must be at least 6 months old to be cared for, and no older than 12 years of age.**

The babysitting facility operates on a drop-in basis. Limited space available! No reservations are taken. The ratio of babysitters to children is 1 to 8, with additional consideration given to situations with a large number of babies. The decision on the number of children accepted will be at the discretion of the staff and management. Children may remain in the Kid's Corner for a maximum of 2 hours.

KID'S CORNER HOURS

Monday-Friday 8:30am-1pm
Monday-Thursday 4pm-8pm
Saturday 8:30am-12pm
Sunday CLOSED

Babies 3 months and older are now allowed during designated times in Kid's Corner:

Monday - Friday 11am - 1pm
Monday - Thursday 4pm - 6pm

Would your child enjoy taking a class while you are working out? Be sure to check youth activities and aquatics to see if there is a class for your child.

KID'S CORNER GUIDELINES

When placing an infant in Kid's Corner who is unable to sit up on his or her own, please bring an infant seat or chair. Staff will not provide diaper changing services. If a child has a soiled diaper the parents will be notified to change the child in the facility restrooms. You may bring a snack for your child. Please bring snacks in non-glass/non-breakable containers. No bubble gum, hard candy, pop, red juices, anything sticky, seeds or peanut products. Please label all items brought into Kid's Corner. Please do not bring small toys or games with tiny pieces. These small items could pose a risk for smaller children. If this is the child's first time in Kid's Corner, or the child is having a hard time settling down, you may want to bring in a favorite/familiar toy or blanket from home to comfort them. As a courtesy to all, we ask that sick children not be brought into the facility. Children displaying symptoms of illness will not be permitted to remain under our service.

An open spot cannot be guaranteed for any guest. Wait lists will be formed if the maximum number of children is met.

PUNCH CARD FEES (non-refundable)

10 Hours / 40 Punches / Cost: \$20.00

Each punch is equal to 15 minutes of babysitting

DROP-IN FEE

For those guests who do not wish to purchase a Kid's Corner punch card, the drop-in rates are as follows:

TIME	FIRST CHILD	EACH ADDITIONAL CHILD SAME FAMILY
1 Hour	\$3	\$2.50

Minimum one hour. You will be charged for an additional hour for any time in addition to the first hour (i.e., 1 hour, 15 minutes—charged for 2 hours). Babysitting use must be paid on a daily basis at the front desk and a copy of the receipt must be presented when signing the child out of Kid's Corner. Parents will be asked to pick up their child on time: a \$1 per minute late fee may be assessed.

ANNUAL KID'S CORNER PASS

Best Buy! If you use Kid's Corner services 2 1/2 hours or more a week, it is more economical to purchase an annual pass. The savings are even greater if you have two or more children! No refunds. May be purchased at the Registration Desk.

NUMBER OF CHILDREN	FEE
First Child	\$250
Each additional child	\$50

FOR MORE INFORMATION contact Peggy Jones at (303) 335-4920 or peggyj@louisvilleco.gov

GENERAL POOL / FACILITY INFORMATION

Please refer to monthly pool schedule located at the front desk or online for up-to-date pool usage.

WATER SLIDE/SPRAY FEATURE/DIVING BOARD

Spray feature, water slide and diving board will be operative during most open swim times.

LAP SWIMMING

Lap Swim is open to all age groups wishing to swim continuous lengths in the 25M pool. Persons 15 years of age and under must be accompanied by an adult. No diving will be allowed during these times. Please observe these guidelines when lap swimming:

1. Enter the water with care.
2. Please circle swim at all times. Circle swimming accommodates the greatest number of swimmers and lends itself to a friendly atmosphere.
3. Turns should be done at the T on each end wall. Swimmers resting or standing should position themselves as near as possible to the edge of the lane.
4. Be considerate of other swimmers in the lanes. Allow a swimmer to pass you safely when needed.
5. 32 laps = 1 mile

POOL SAFETY PRECAUTIONS

Please enjoy your swimming pool by following these safety precautions:

1. Children ages 9 and under must be directly supervised by an individual 12 or older at all times unless the child is participating in a center supervised program.
2. Children 6 and under must be accompanied by an adult who is actively supervising in the water.
3. **Children 6 and under may not use the hot tub, sauna, or steam room.**
4. Patrons between the ages of 7 and 11 may use the sauna, steam room, and hot tub only when accompanied by an adult.
5. Strollers and infant carriers must not be left unattended at any time.
6. No regular diapers are allowed in the swimming pool. Plastic pants or swim diapers must be worn if needed.

SWIM LESSON REGISTRATION

- We encourage you to waitlist for the class you are interested in. You will be contacted if you are placed into a class from the wait list.
- Refund Policy. **No refunds or credits for a cancellation made less than 7 days before the start of class. \$5 cancellation fee if more than 7 days.**
- If you are registering for more than one session, please register for the same level of each class for each session, as it is difficult to predict each individual's rate of advancement. As your child advances, please notify us and we will work with you to make appropriate changes.
- Classes with insufficient registration will be cancelled or combined. If cancelled for low enrollment you will be given a full refund or credit.
- **No refunds or make-ups for missed lessons**

MEET THE NEW HEAD GUARD



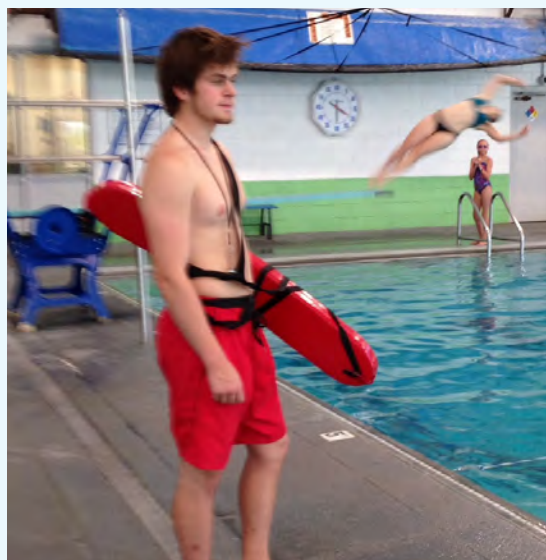
JO-ANN MARQUES

Jo-Ann started her Aquatic career at the Louisville Recreation Center in 1992, teaching shallow water aerobics, adding new certifications of Water Safety

Instructor, Lifeguard, and Lifeguard Instructor Trainer. She continued with Water Safety Instruction and water aerobics when she moved to Virginia in 2002. She also taught water aerobics in Hawaii before returning to Colorado and the Louisville Recreation Center this past January. She is very happy to be back serving old friends and new patrons!

NOW HIRING!

See page 14 for details



Aquatics



The purpose of the American Red Cross Swimming and Water Safety program is to teach individuals of different ages and abilities how to swim and be safe in, on and around the water. The program covers the knowledge and skills needed for aquatic skill development. All instructors are American Red Cross certified. Preschool classes strive for a 4:1 student to instructor ratio and a 6:1 ratio for school age levels 1-6.

GROUP LESSONS

UNSURE WHICH LEVEL YOUR CHILD BELONGS IN?

Schedule a 5 minute swim assessment with a certified instructor. Contact Kate Meyer.

PARENT/TOT: (Age 6-24 months)

Develop a high comfort level in the water while training parents in water safety and drowning prevention. This class is a fun and confidence building experience. One parent must be in the water with each child. Swim diapers required.

PARENT/CHILD: (Age 1 ½ - 2 years)

Student will learn to float, blow bubbles, put their face in the water independently and be introduced to deeper water. One parent must be in the water with each child. Swim diapers required.



PRIVATE / SEMI-PRIVATE SWIM LESSONS

The swim instructors at the Louisville Recreation Center offer fun, exciting, and effective private swim lessons. Lessons can be held for one or two people on their schedule and are 30 minutes in length. To sign up, please fill out a private lesson request form at the front desk.

Class	RESIDENT	NON-RESIDENT
Private - 1 person	\$20	\$25
Semi-private - 2 people	\$10 / student	\$12.50 / student

LEVEL	CLASS FOCUS	PRE-REQUISITE	AGE
Pre Pollywog	Being in a class setting and going underwater independently	Being ready to participate in a group setting	2-3
Pollywog	Floating, breath control, underwater and forward movement in the water	Going underwater without hesitation	3-5
Tadpole	Front crawl stroke with breathing and being comfortable in deep water	Floating on front and back independently and forward movement through water	3-5
Toad	Improving strokes, endurance and comfort in deep water	Swimming 15 yards with coordinated arm and leg movement	3-5
Level 1	Being in a class setting and going underwater independently, learning floats	Being ready to participate in a group setting	5+
Level 2	Floating, breath control, underwater and forward movement in the water	Going underwater without hesitation	5+
Level 3	Front crawl with breathing, elementary backstroke and diving basics	Front crawl and being comfortable in deep water	5+
Level 4	Stroke work on 4 competitive strokes and elementary backstroke	Swimming 15 yards of front crawl with breathing	5+
Level 5	Increasing swimming efficiency	Swimming 25 yards of front crawl with breathing, breast stroke, and elementary back stroke	5+

Schedule

1. Pick your days
2. Pick your session
3. Pick your time

Cost

All Lessons:
\$49 Resident
\$60 Non-Resident

Registration Dates

RESIDENTS: Monday, August 11

NON-RESIDENTS: Monday, August 18

MONDAY - WEDNESDAY MORNINGS

Session 1: September 8 - October 1

Session 2: October 6 - October 29

Session 3: November 3 - December 3*

*No class Nov. 24-26

TIME	CLASS/CODE	CLASS/CODE
9:30-10:00am	Parent / 6mo. - 2yrs. class (Pam) - 33000	
10:10- 10:40am	Pre-Pollywog (Pam) 33020	Pollywog (Jo-Ann) 33030
10:45-11:15am	Pre-Pollywog (Jo-Ann) 33021	Pollywog (Pam) 33031
11:20-11:50am	Tadpole (Pam) 33040	Toad (Jo-Ann) 33050
11:55am-12:25pm	Tadpole (Jo-Ann) 33041	Toad (Pam) 33051

SATURDAY MORNINGS

Session 1: September 6 - October 25

Session 2: November 1 - December 20

TIME	CLASS/ CODE	CLASS/ CODE	CLASS/ CODE
9:00-9:30am	Pollywog 33038	Tadpole 33048	Level 3 33138
9:40-10:10am	Pre-Pollywog 33028	Toad 33058	Level 2 33128
10:20-10:50am	Parent/Tot 33008	Level 4 33148	Adult 33208
11:00-11:30am	Parent/Child 33018	Level 1 33118	Level 5 33158

TUESDAY / THURSDAY EVENINGS

Session 1: September 2 - September 25

Session 2: September 30 - October 23

Session 3: October 28 - November 20

TIME	CLASS/ CODE	CLASS/ CODE	CLASS/ CODE
4:00-4:30pm	Pre-Pollywog 33023	Tadpole 33043	Level 1 33113
4:40-5:10pm	Pollywog 33033	Toad 33053	Level 2 33123
5:20-5:50pm	Pre-Pollywog 33024	Tadpole 33044	Level 3 33133
6:00-6:30pm	Pollywog 33034	Toad 33054	Level 4 33143
6:40-7:10pm	Level 2 33124	Level 3 33134	Level 5 33153

STROKE CLINIC

Age group competitive. Swimmers learn proper stroke mechanics, starts, turns and training techniques. Students must know front and back crawl and be able to swim each for 25 meters for the Tuesday class. Students must know breast-stroke and butterfly and be able to swim each 25 meters for the Thursday class.

4pm Class, Developing: This class is for the developing swimmer. Swimmer should be able to easily swim Freestyle and Backstroke 25 meters each. Swimmer should already have been introduced to Breaststroke and Butterfly. This class continues with refinement of Freestyle and Backstroke as well as continuing to learn Breaststroke and Butterfly techniques.

4:45pm Class, Beginner/Intermediate: This class is for the younger swimmer who knows Freestyle, Backstroke, Breast-stroke and Butterfly. Swimmer should be able to easily swim 200 meters without stopping. This class continues with refinement of all 4 strokes and introduces racing techniques.

5:30pm Class, Advanced: This class is for the advanced swimmer who knows all 4 strokes. Swimmer should be able to easily swim 500 meters without stopping. This class continues with refinement of all 4 strokes, working on distance and timing.

TUESDAY EVENINGS

Session 1: September 2 - September 23

Session 2: September 30 - October 21

Session 3: October 28 - November 18

TIME	CLASS/CODE
4:00-4:45pm	Developing 33181
4:45-5:30pm	Beginner/Intermediate 33183
5:30-6:15pm	Advanced 33185

THURSDAY EVENINGS

Session 1: September 4 - September 25

Session 2: October 2 - October 23

Session 3: October 30 - November 20

TIME	CLASS/CODE
4:00-4:45pm	Developing 33182
4:45-5:30pm	Beginner/Intermediate 33184
5:30-6:15pm	Advanced 33186



Book a Birthday Party Package *at the pool!*

www.louisvillerecreationcenter.com/rental.htm
or call 303-335-4920

Lifeguard Training Class



This American Red Cross class includes CPR (PR) and First Aid. Prerequisites; 15 years of age by the first class; and able to swim 300 continuous yards, retrieve a 10 lb rubber brick from the bottom of the diving well and swim 25 meters with it. You must attend every class and pass all skills and written tests to receive a Red Cross Certification.

CODE	SESS	DATES	TIME	FEE
33205	1	Sat - Tu 11/22-11/25	9am-5pm	\$200/\$225
33205	2	Sat - Tu 12/20-12/23	9am-5pm	\$200/\$225
33205	3	F-M 1/2-1/5	9am-5pm	\$200/\$225



The Louisville Recreation Center will be **CLOSED FOR MAINTENANCE WEDS. 8/20 - WEDS. 8/27**

The Recreation / Senior Center continues to work towards meeting the Department of Justice ADA regulations.

This year during maintenance week we will be addressing the following areas:

Sauna and Steam Room- These two rooms will have significant remodeling work done to meet the updated regulations. The project will start on 8/20 and it is anticipated that it will be completed by 9/8.

Men's and Women's Locker Rooms- These areas will have significant updates done and the work will be completed during the closure week from 8/20-8/27.

Family Dressing Room- This area will have significant remodeling work done and will be closed from 8/20-9/8.

Men's and Women's Restrooms- These areas will have significant updates done and will be closed from 8/20-9/8.

In addition to the ADA projects we will also be installing a new UV filtration system in the pool, painting the multi-purpose rooms, installing security cameras and refinishing hardwood floors to name a few. We thank you in advance for your patience and understanding. If you have questions or concerns please call Kathy Martin, Recreation and Senior Services Superintendent at 303.335.4903 or kathym@louisvilleco.gov.

Louisville Recreation Center monthly passes can be used at Bob L. Burger Recreation Center during the facility closure period. Punch passes will not be valid at the Lafayette center. An issued Louisville Recreation Center pass must be presented for valid admission. Daily visit fee will apply if a Louisville ID card is not presented.

Information about Bob L. Burger Recreation Center can be found at www.cityoflafayette.com or call 303-665-0469



AQUA FLEX

Want to become more flexible? Exercises in this class are designed to improve range of motion, muscle strength and endurance, improve joint flexibility and reduce pain and stiffness. Sanctioned by The Arthritis Association.

DATES	TIME	FEE
Fridays Ongoing	10:30-11:30am	Drop in class - daily admission or annual membership

WATER AEROBICS

Exercise without the pounding and jolting on your joints! Water aerobics offers a healthy alternative for exercising, creating a total body workout. Course is designed for men and women. No swimming ability is required.

DAY	TIME	TYPE	INSTRUCTOR
Mon	9-10am	Shallow	Jo-Ann
	12-1pm	Deep	Ronda
	6-7pm	Deep	Richard
Tue	8-9am	Shallow	Peggy
	9-10am	Srs, Shallow	Jo-Ann
	12-1pm	Deep	Mary
Wed	9-10am	Shallow	Jo-Ann
	12-1pm	Deep	Mary
	6-7pm	Deep	Richard
Thurs	8-9am	Shallow	Peggy
	9-10am	Srs, Shallow	Jo-Ann
	12-1pm	Deep	Donna
Fri	9-10am	Shallow	Anastasia
	12-1pm	Deep	Jo-Ann
	5:30-6:30pm	Deep	Richard
Sun	4:30-5:30pm	Deep	Mary



MEET YOUR INSTRUCTORS



**MARY
ANDERSON**



**ANASTASIA
BENSON**



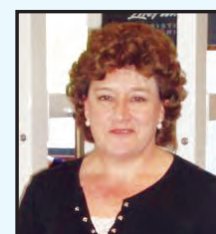
**RICHARD
COHEN**



**PEGGY
JENSEN**



**JO-ANN
MARQUES**



**DONNA
PARKER**



**RONDA
FRANSEN**

NOW HIRING!



Are you currently looking for a part time job? Did you know that when employed with the recreation center you receive a free gym membership as well as benefits such as call back pay, and paid time off after the first year!

Transportation issues? The recreation center is also conveniently located off of the DASH bus line. **Most of our positions offer flexible schedules to work around school and other commitments.** The recreation center offers competitive wages and multiple shifts throughout the time frame of 5:30am-9:00pm.



THESE ARE THE POSITIONS CURRENTLY OPEN:



LIFEGUARD

\$9.46-\$11.13hr *Valid certification required.

Interested in working as a lifeguard but don't have a certification? See pg. 12 for a listing of lifeguard classes being offered.



WATER SAFETY INSTRUCTOR

\$10.98-12.92hr *American Red Cross certification required.

When hired as a WSI there is the opportunity to teach private lessons. The private lesson rate is **\$14.96-\$17.60.**



If any of these positions interest you please visit our website and apply online

WWW.LOUISVILLECO.GOV Select **SERVICES**
Then **EMPLOYMENT**

GARAGE SALE

YOUTH & TEEN

**Register Early!
SPACE IS LIMITED!**

Sat., Oct. 25 9 - 11:30am

Pack up your "trash" because it's someone else's "treasure." You're the shopkeeper! Peddle your wares for extra cash. Bikes, sporting equipment, books, clothes, toys, etc. Vendors must be 18 and younger. Usable treasures only, please. **Vendors please read garage sale tips on your receipt when you register.**

For more info contact Mandy at
(303) 335-4902 or mandyp@louisvilleco.gov

\$10 / table (R) // \$12 / table (NR)

Registration Number: **32020-1**

Senior Services WELLNESS & RESOURCE FAIR



FRIDAY, OCTOBER 10, 9-11am

Louisville Recreation & Senior Center

Door Prizes · Flu Shots · Massage Resources
Housing · Transportation · Home Care · Real Estate
Fitness · Hospice · Nutrition · Support Groups ...
And More Resources!



LOUISVILLE LABOR DAY PARADE & FALL FESTIVAL Monday, September 1, 2014 **MEMORY SQUARE PARK**

MAIN STREET PARADES

Children's Pet Parade, 9am
79th Annual Labor Day Parade, 10am
(Advanced Registration ongoing)

FALL FESTIVAL ACTIVITIES

- * Pancake Breakfast * Bocce Tournament *
- * Food & Craft Booths * Live Music *
- * Family Fun! * The Huckleberry Pie Contest *
- * Children's Entertainment * Bouncy Castles *
- * LAA National Fine Art Show *
- * 19th Annual Motorfest Car Show *
- * **FREE SWIMMING ALL DAY!!** *

Complete listing of celebrations and
online applications for Fall Festival available
www.LouisvilleCO.gov
303-335-4581

GHX

**ETKIN
JOHNSON**
REAL ESTATE PARTNERS

Avista Adventist Hospital

Centura Health.

CORNERSTONE
Orthopaedics & Sports Medicine, P.C.

BALFOUR
Senior Living

the huckleberry

David A. WERTZ
FAMILY DENTISTRY

WELCOME TO THE "FITZONE"!

Admission to "FitZone" fitness classes is included in your paid admission or membership at the Recreation Center. It is recommended that all persons starting an exercise program consult their physician prior to participation. Additionally, for everyone's safety, participants must be at least 15 years of age.

Class Schedules

A current schedule is available online at www.LouisvilleRecreation.com or at the Recreation Center front desk.

FitZone Information / Help

Please contact Peggy Jones at (303) 335-4920 or email peggyj@louisvilleco.gov

FitZone Class Cancellation Line

Call (303) 335-4949 or visit www.LouisvilleRecreation.com and click on 'Fit Zone Classes'

CLASS DESCRIPTIONS

CYCLE

This class combines a foundation of basic cycling movements with motivational coaching techniques, breathing awareness and heart rate training. **Express** is a 45-minute class versus a 1 hour class. **Endurance** is a 90-minute class with longer duration sets.

CYCLE-YOGA

This 75-minute class brings together cycling and yoga in one well-rounded workout. By combining 35 minutes of cycling with 35 minutes of yoga, each class optimizes your endurance, balance, flexibility, and strength. Recommended attire: shoes appropriate for cycling, comfortable clothing for Yoga, a water bottle, and a small towel.

KICKBOXING

This high-energy class with a "punch" will sculpt your body using punches, kicks and cardiovascular training.

LIFT 'N RIDE

Ride for the first 30 minutes and then finish up the hour with some weight lifting. A great workout for all levels.

LUNCH CRUNCH

Packed with muscular strength and conditioning, core strengthening, cardio conditioning and flexibility...get it all done over your lunch hour!

PILATES MAT

All are welcome to this mind-body class that focuses on increasing core strength as well as flexibility. Controlled exercises are done on a mat usually in a sitting or lying-down position. Some exercises will also challenge the upper body.

POWER STEP

An advanced-level, high intensity, low impact aerobic class using a step bench. Involves movements and combinations with varying speed, travel and choreography.

SILVER SNEAKERS® CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

SILVER SNEAKERS® CIRCUIT

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work, with hand-held weights, elastic tubing with handles and a ball, is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

SILVER SNEAKERS® CARDIO

This class offers a safe & effective low impact cardiovascular workout. A variety of easy-to-follow movements promote heart healthy, total body conditioning improvements to increase cardiovascular and muscular endurance. Hand-held weights or elastic tubing with handles can be used for the strength training segment that follows the cardio segment. The SilverSneakers® chair offers stability or support options for abdominal and stretching exercises from the floor.

TRX (TOTAL BODY RESISTANCE)

TRX suspension training body-weight exercises develop strength, balance, flexibility and core stability simultaneously. This class is held in the south gym.

ULTIMATE CORE

This class will focus on building abdominal and low back musculature, and enhancing surrounding muscle groups for stabilization and strength. Abs, back, glutes, hamstrings and quads will be the focus with enhancement in the upper body in areas of lats and arm workout.

CLASS DESCRIPTIONS (CONTINUED)

YOGA

Traditional Hatha yoga, Vinyasa-style (flowing, continuous movement between postures) focuses on breathing techniques, relaxation and proper alignment in postures. Yoga restores calm and balance, and enhances energy. The classes designated as Yoga are designed for all levels. **Gentle** classes are slower paced with gentle transitions between postures. **Intermediate** classes are for those who have been practicing yoga and are ready to move on to more challenging poses and feel comfortable being in the pose for a longer time with less resting in between poses. There will also be more balancing and inversions. Continuation of breathing practices allows participants to flow deeper into the awareness and release of physical and mental tension. These classes conclude with the guided, deep relaxation of Yoga Nidra. **Hips/Back** focuses on poses that open up the tightness

in a gentle way that is accessible to everyone, bringing greater flexibility to the hips and lower back. **Power** indicates a more vigorous, fitness-based approach.

ZONETONE

This class uses hand weights, bands and/or body bars for total body sculpting and toning. **Cardio** indicates an additional focus on increasing your heart rate.

ZUMBA®

A fusion of Latin and International music - dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. **Gold** indicates modified, easy-to-follow, low impact moves for active older adults and those who want to move at a slower pace.

MEET YOUR "FIT ZONE" INSTRUCTORS

	CHRISTINE BOTTAGARO Class: Step, Toning Certification: IFA		C.M. BROWN Class: Yoga Certification: Integral Yoga, Yoga Alliance		HELENE MARTINEZ Class: Kickboxing, Toning, Zumba® Certification: AAAI/ISMA, NETA, Zumba®
	CINDY MAYHEW Class: Toning Certification: NETA		RONDA FRANSEN Class: Cycling, Yoga, Aqua, Toning Certification: AAAI, ISMA		ANASTASIA BENSON Class: Cycling, Pilates Mat, Zumba®, Zumba Gold, Aqua Certification: AFAA, Zumba®, YMCA
	CATHY FINLEON Class: Yoga, Cycling Certification: Core Power Yoga, NETA, Fitour Cycling		DONNA PARKER Class: Toning, Aqua, Silver Sneakers® Certification: ACE, SilverSneakers®		BEN PRYHODA Class: Cycling Certification: AFAA
	BURT HENRY Class: Cycling Certification: CSCS, Spinning		FELICIA RENZ Class: Cycling, Step, Toning Certification: AAAI/ISMA		ELLEN DeMONEY Class: Cycling, Toning, Silver Sneakers® Certification: Nautilus Institute, BTS
	SETH KOSLOWSKI Class: TRX, Yoga Certification: TRX, Core Power Yoga		KRYSTAL LOILER Class: TRX, Aqua Certification: ACE		CHRISTY STEPHENS Class: Yoga Certification: Peach Tree Yoga

Fitness & Wellness

ADULT FITNESS

T-FITNESS POWER TRAINING

Power Training eliminates the boredom of getting into peak shape by incorporating creativity and variability into a total body workout. You get a highly effective and motivating workout focusing on the strength training with cardio complement in every class. You will be integrating free weights, machines, toning work, and a wide range of track and outdoor drills (seasonally). Each group session is led by a Certified Professional Trainer to give you the results, training, and inspiration you need to help meet your personal fitness goals and geared toward your fitness level Bottom line- it's good, hard, fun! Questions? Call Tina (720) 436-6037. Classes are run year round and session fees are monthly.

SESS	DATES	TIME	FEE
1	TThSun Monthly	5:45-6:45pm	\$80/ \$84
BONUS: Sunday Morning 8-9am class!			



PERSONAL TRAINING

Are you new to strength training, wishing to learn more about the cardiovascular equipment, circuit or free weights, or just wanting an exercise program tailored to fit your needs? Consider personalizing your program with the help of one of our certified personal trainers. Call (303) 666-7400, to schedule an appointment. If you must cancel an appointment for any reason, please call the Recreation Center at least 24 hours in advance, or be subject to a \$10 cancellation fee.

SESSION	FEE
3 Sessions	\$96/\$120
1 Session	\$40/\$50

WATER AEROBICS

Exercise without the pounding and jolting on your joints! Class is designed for men and women. No swimming ability is required. All classes are on a drop-in basis. Daily admission required. No registration required.

See Aquatics Section, page 13 for class details and schedule.

STRENGTH IN NUMBERS

This class is designed to deliver serious fitness results. Proven fact: most people work out significantly harder and enjoy their workouts more when working with equally motivated people. This 10-15 member class is led by high energy Certified Professional Trainers providing a power-packed workout hour delivering measurable results. Sessions are highly varied, but consistently include machine and/or free weight strength training, cardiovascular endurance training and intense toning, interval and core strength work. Questions? Call Jillon (303) 748-4784 Come try the first class for free!

SESSION	DATES	TIME	FEE
1	TuThF Monthly	8:30-9:30am	\$80/\$84



BE FIT AFTER 50

Is it time to think about how our body is aging? At age 69, I have overcome age related dynamics and I know this works. Allow your body to become more efficient. Whether it's just getting up and down or picking up a 40lb. child. Learn how to do it safely and correctly. Individual training in a small group setting will be our format. My students range 50-75 in age and they have one thing in common. They

are stronger, quicker, more agile and just plain happy to move through life with grace. The tools we use will be everything this Center can offer. Take the time now to exercise, so you don't have to give back time later because of illness. Call Jack Wagner (ISSA Certified), at 720-291-4240 or j18235@comcast.net

SESS	DATES	TIME	FEE
1	TuTh Monthly	9:30-10:30am	\$60/\$64



The Louisville Recreation Center is now an approved

Healthways Prime membership location.

CALL GUEST SERVICES FOR DETAILS.

AMERICAN RED CROSS CPR & AED



ADULT, CHILD, INFANT CPR (Ages 13+)

People need to know how to respond in an emergency before medical help arrives. This course covers American Red Cross methods of performing rescue breathing, aid for choking victims, and CPR on adults, children and infants. All participants will be eligible to receive a certification card. Instructor: Emily Vigmostad

CODE	SESS	DATES	TIME	FEE
37002	1	Sa 9/6	9am-1pm	\$77/\$87
37002	2	Sa 10/25	9am-1pm	\$77/\$87
37002	3	Sa 11/8	9am-1pm	\$77/\$87
37002	4	Sa 12/20	9am-1pm	\$77/\$87

FIRST AID

CODE	SESS	DATES	TIME	FEE
37003	1	Sa 9/6	1-2pm	\$10/\$12
37003	2	Sa 10/25	1-2pm	\$10/\$12
37003	3	Sa 11/8	1-2pm	\$10/\$12
37003	4	Sa 12/20	1-2pm	\$10/\$12

MEET OUR PERSONAL TRAINERS:



ANASTASIA BENSON has worked in the fitness industry for 13 years. She is a certified personal fitness trainer and group exercise instructor through the Aerobics and Fitness Association of America (AFAA).

She worked for about seven years with Marines, Sailors and their dependents at bases in California, Hawaii and Virginia before moving back to her home in the Louisville area in 2012.

Anastasia holds numerous certifications and is schooled in many forms of exercise as varied as Zumba and yoga to water aerobics and distance running. She loves to help people find exercises that work for their particular needs and preferences.

She specializes in core training, water and land based strength training, endurance and flexibility.



PIYO - PILATES AND YOGA COMBINATION

This peaceful, yet challenging class strengthens, tones and stretches your entire body in a complete and effective workout that invigorates the body and mind. Options will be given for all

fitness levels. Great for beginners! Each practice ends with a guided relaxation and cool down.

Instructor: Amanda Hale Rogers, Certified Personal Trainer and President of Inside Out Health & Fitness Training, Inc.

CODE	SESS	DATES	TIME	FEE
30027	1	W 9/3-10/22	9-9:50am	\$80/\$100
30027	2	W 11/5-12/10	9-9:50am	\$60/\$75



TABATA BOOT CAMP

Presented by Inside Out Health & Fitness Training, Inc.

Be in the best shape of your life with this fun and challenging boot

camp. Classes will be led by Amanda Hale Rogers, president of Inside Out Health & Fitness Training, and will include goal setting, measurements taken the first and last class to track your progress, fat burning exercise, online workouts you can do at home and nutritional tips. Modifications will be given for all fitness levels. For more information, check out: www.tabatabootcamp.com. *Web support is optional and included with a small additional fee.

CODE	SESS	DATES	TIME	FEE
30026	1	M 9/8-10/20	9:10-10am	\$85/\$106
30026	2	M 11/3-12/15	9:10-10am	\$85/\$106

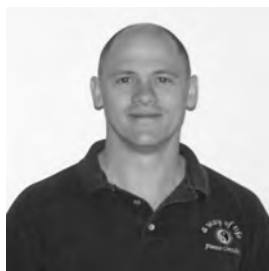


DONNA PARKER is an 18 year veteran of the Louisville Recreation and Senior Center. She specializes in senior fitness, teaching classes in aerobics, weight training, aqua aerobics, Silver Sneakers classes as well as her personal training. She has handled the weight room orientations at the center for the 18 years as well.

She has been certified through American Council of Exercise in Personal Training since 1993. Donna is also certified in older adult exercise, Silver Sneakers Classic, cardio fit and circuit training and has many workshop hours in a variety of fitness classes.

Donna's unique approach to personal training provides an informative and proper workout for your desired results. Donna's view of her work at the Louisville Recreation Center — "I love my job, the people I work with, teaching them to keep moving and improving their health. What a blessing!"

Fitness & Wellness



MEDITATION FOR HEALTH

Join Jerry Siravo, founder of A Way of Life Fitness Consulting for a series of guided meditations designed to improve your health and vitality. Learn how to decrease stress while revitalizing you body and soul. No meditation experience required. No pre-registration required. **No Class 11/19 and 12/7.**

SESS	DATES	TIME	FEE
1	M-Th 9/8-12/18	12:15-1pm	Admission



TEEN WEIGHT TRAINING (Ages 11-14)

Teaching kids to exercise gives them a resource that they can use the rest of their lives. This class will teach the fundamentals of lifting with basic training concepts, while focusing on safety and proper lifting techniques. Participants who successfully complete the class will receive a certificate of training that will allow them access to the weight and cardiovascular equipment on the second floor. Jerry Siravo, Certified Strength and Conditioning Specialist.

CODE	SESS	DATES	TIME	FEE
37001	1	M 9/15-10/20	5-6pm	\$129/\$149

INDIVIDUAL TEEN CERTIFICATION INSTRUCTION

(Ages 11-14)

This is similar to the beginning class for kids. Your child will meet with an A Way of Life Personal Trainer for 3 one hour sessions. This class will teach the fundamentals of lifting with basic training concepts, while focusing on safety and proper lifting techniques. Participants who successfully complete the class will receive a certificate of training that will allow them access to the weight and cardiovascular equipment on the second floor. Class by appointment only. Call (303) 335-4925 for an appointment.

SESS	DATES	TIME	FEE
NA	TBD	By appointment	\$149/\$169

BODY FAT TESTING (BIO-ANALOGICS)

A complete analysis of your body composition using Bioelectrical Impedance is now available from A Way of Life Consulting. This technique was designed by Bio-Analogics and is used by health care workers around the world. Call (303) 335-4925 to schedule an appointment.

SESS	DATES	TIME	FEE
1	by appointment	by appointment	\$20/\$25



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MAINTENANCE
WEDS. 8/20 - WEDS. 8/27**

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the Department of Justice ADA regulations. This year during maintenance week we will be addressing the following areas:

Sauna and Steam Room- These two rooms will have significant remodeling work done to meet the updated regulations. The project will start on 8/20 and it is anticipated that it will be completed by 9/8.

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Family Dressing Room- This area will have significant remodeling work done and will be closed from 8/20-9/8.

Men's and Women's Restrooms- These areas will have significant updates done and will be closed from 8/20-9/8.

In addition to the ADA projects we will also be installing a new UV filtration system in the pool, painting the multi-purpose rooms, installing security cameras and refinishing hardwood floors to name a few. We thank you in advance for your patience and understanding. If you have questions or concerns please call Kathy Martin, Recreation and Senior Services Superintendent at 303.335.4903 or kathym@louisvilleco.gov.

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Information about Bob L. Burger Recreation Center can be found at www.cityoflafayette.com or call 303-665-0469



ADULT PROGRAMS



HEALTHY, STRESS-FREE HOLIDAY MEALS & DESSERTS (Age 18 & up)

Many people view the holidays as a stressful time of year which makes it an important time to nourish and take care of yourself. Learn how your body responds to stress and how certain foods can alleviate it. Refresh your holiday recipe collection including guilt-free desserts so you and your family can eat healthfully during the festivities without sacrificing on taste and fun.

Led by holistic nutrition therapist Jen Marshall, CNT of the Louisville Wellness Center.

CODE	DATE	TIME	FEE
30008	W 11/5 & 11/12	7-8:30 pm	\$75/\$94



GLUTEN FREE HOLIDAY COOKIE EXCHANGE AND HEALTHY BAKING CLASS

All of your holiday baking done for you! Bring one batch of gluten free cookies to share and leave with a wide variety of delicious cookies for the holidays! Pam will talk about gluten free, allergen free, healthy baking tips while you enjoy a cookie or two or three! Pam will also talk about how reducing gluten in your diet can reduce your risk of heart disease, diabetes, cancer, Alzheimer's, Parkinson's, autoimmune disease and more! She'll also share with you the secret to losing your BELLY FAT and helping IMPROVE BRAIN FUNCTION AND REDUCE BRAIN FOG!! Instructor: Pam Vagnieres

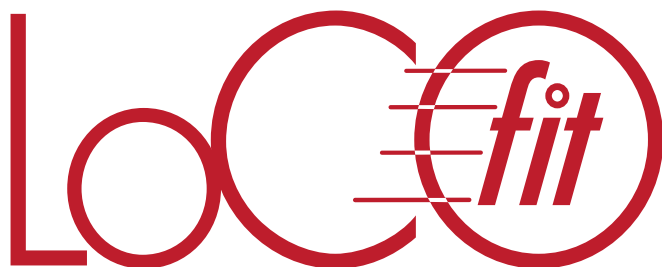
CODE	DAY/DATE	TIME	FEE
38012-1	W 11/12	6-7:15 pm	\$25/\$31



EQUIPMENT ORIENTATION

Equipment orientation is available, please email Donna Parker to set up an appointment. Cardiovascular equipment and circuit weights will be demonstrated.

Please email Donna at donnep@louisvilleco.gov
Orientations are free with daily admission.



MEMBERSHIP PROGRAMS

LoCo Fit began as The Running Group in 2004 as a way for runners in Louisville and the surrounding areas to enjoy the benefits of a quality training program with a certified coach, within the quaint community in which we live. Our goal is to connect local runners, provide great coaching, and encourage each other in our endeavors. We welcome runners of all abilities.

These memberships are non refundable and non transferable. 2015 LoCo Fit memberships on sale beginning 12/1 and are good 1/1/15-12/31/15.



FULL ROAD PACKAGE

Cost: \$380

Benefits: Automatic enrollment in Strength Training for Runners, Spring and Summer Training programs (a \$180 savings), 15% discount at Runners Roost, 15% off any additional LoCO FIT training programs, two rainy day passes at the Louisville Recreation Center, massage discounts. Two

technical tees (spring and summer).

Strength Training for Runners, Spring Training and Summer Training will also be offered al la carte.

STRENGTH TRAINING FOR RUNNERS

Build strength and improve running economy. We'll work running specific muscles through plyometric training. A fun, efficient way to make running gains. Join us! Coached by Erin Watson. No class 11/25 & 11/27.

CODE	SESS	DATE	TIME	FEE
30037	1	TuTh 11/4-12/18	5:30-6:30pm	\$84
30037	2	One Day per Week		\$42
30037	3	Tu 11/4-12/16	10:05-10:50am	\$40

FALL/WINTER TRACK (FORMERLY CHEETAH CUBS)

(Co-Ed Ages 8-11)

Winter Track is a co-ed program for kids aged 9-11 (4th-6th grade.) Class meets twice a week for running, age-appropriate strength work and games focused on fun, personal improvement and teamwork. Stay fit for spring with a fall and winter of track.

CODE	SESS	DATES	TIME	FEE
30033	1	MW 11/3-11/19	4:30-5:30pm	\$60
30033	2	MW 12/1-12/17	4:30-5:30pm	\$60
30033	3	M or W 11/3-11/19	4:30-5:30pm	\$30
30033	4	M or W 12/1-12/17	4:30-5:30pm	\$30



T.I.G.E.R. (Girls Ages 11-16)

Teens in Great Exercise Relationships. Feel good! This running program is designed to help girls ages 11-16 get fit and feel great. We will learn some basics of running and develop a training base that will set these girls on course to be active for a lifetime. We'll also incorporate self - esteem building activities to help everyone develop a positive self-image. This course is designed as an introduction to running and fitness, geared toward the beginning runner. Participants should have an interest in developing running skills. Instructor: Erin Watson. (Proper running shoes and comfortable athletic attire required.)

CODE	SESS	DATES	TIME	FEE
30034	1	TuTh 10/7-10/30	4:30-5:30pm	\$48
30034	2	TuTh 11/4-11/20	4:30-5:30pm	\$48
30034	3	TuTh 12/2-12/18	4:30-5:30pm	\$36

Nite @the rec

Kids grades 3-6 take over
the Rec Center!

Sports Tournaments, *Dance Contests,*
Inflatables, *Swimming,* Concessions & *more!*

\$10 per person

Friday Nights • 7-10 PM

Fall Session: Sept. 12- Nov. 14

No Nite at the Rec on Oct. 31

THEMED NIGHTS INCLUDE: PJ Party, Hawaiian & Crazy Hair

For specific dates of theme nights and for more information
go to www.louisvillerecreation.com/niteattherec.php
or check us out on Facebook (www.facebook.com/niteattherec)

NITE AT THE REC KEY INFORMATION

1. A Participant Form must be completed each school year for every youth by a parent.
2. All youth must be signed in and out by an adult. Once a youth is signed in, they may not leave the premises without an adult signing them out. Youth not picked up by 10pm will be released to the custody of the local authorities.

3. RESPECT is promoted at "Nite at the Rec," respect for self, others, and the facility. No smoking, no alcohol and no drugs. No fighting, no profanity, no dirty dancing, no inappropriate clothing. Nite at the Rec reserves the right to suspend or expel any guest who does not follow these guidelines.

Parents are always encouraged to observe this program.
Stop in and say "Hello."

More Information: www.louisvillerecreation.com/niteattherec.php or call Peggy Jones (303) 335-4920



Yoga/Martial Arts

WOMEN'S YOGA

Take time out for a nourishing women's yoga class! This class will use carefully aligned, dynamic Asana poses, a focus on the breath as it relates to how we move, and an emphasis on feeling sensation to learn how to become more in touch with our bodies on and off the mat. The more that we feel our relationship to our bodies as we breathe and move, the more quickly we notice when we are out of balance. Come join us for a safe, nurturing and relaxing class for women; all levels welcome! Instructor; Nikki Dunas, E-RYT. Drop-ins available for \$12 fee per class.

CODE	SESS	DATES	TIME	FEE
30012	1	W 9/3-9/24	6-7:20pm	\$44/\$55
30012	2	W 10/1-10/22	6-7:20pm	\$44/\$55
30012	3	W 10/29-11/19	6-7:20pm	\$44/\$55
30012	4	W 12/3-12/10	6-7:20pm	\$22/\$33



KARATE

Brought to you by International Martial Arts
(303) 665-0339. www.imakarate.com

LITTLE DRAGONS (Ages 6 – 7)

Introduce your child to the sport of self-discipline and concentration. This class promotes coordination, self-esteem, and increased attention in the young child. And, this class is a lot of fun! Children must earn their "gi" through active listening and participation.

CODE	SESS	DATES	TIME	MONTHLY
32110	1	M 9/8-9/29	6-7pm	\$46/\$58
32110	2	M 10/6-10/27	6-7pm	\$46/\$58
32110	3	M 11/3-11/24	6-7pm	\$46/\$58
32110	4	M 12/1-12/29	6-7pm	\$46/\$58

KARATE INFORMATION

Classes due to Rec Center closures are made up at the dojo. Please speak with your instructor. Fee is based on a monthly tuition regardless of number of classes.

Additional Cost of Karate

- Uniform ("gi"): \$35+ (depending on size)
Purchase from IMA dojo 1340 Main St., Louisville
- Manual (recommended but not mandatory): \$30
- Testing for belts: TBD

Register no later than the day before the new session begins to avoid a \$10 late fee. Only those students who are registered will be allowed to participate.

Participants require a quiet environment during karate instruction. To ensure a quiet environment, free of distractions, we ask all parents and siblings to wait in the lobby until class is over.

KARATE (Ages 8 – adult)

This introductory class is designed for those who are interested in karate techniques. The class promotes coordination, self-defense, self esteem, respect, increased attention, confidence levels and FUN!! Hanshi Cyrus Madani, a 8th degree Black Belt, and his instructors, have been teaching all the Karate classes at the Louisville Recreation Center since 1990. His over 48 years of martial arts experience and special instruction method helps you succeed from the very first class. Parents, we encourage you to sign up for this class with your child and make karate a family event!

CODE	SESS	DATES	TIME	MONTHLY
32111	1	M 9/8-9/29	7 - 8pm	\$46/\$58
32111	2	M 10/6-10/27	7 - 8pm	\$46/\$58
32111	3	M 11/3-11/24	7 - 8pm	\$46/\$58
32111	4	M 12/1-12/29	7 - 8pm	\$46/\$58

DANCE

**DANCING SOLES**

brought to you by: Kirsten Beemer

website: www.dancingsoles.orgemail: kirsten@dancingsoles.orgAll students have the opportunity to be in a **PERFORMANCE**.**Tentative date:** Friday, Dec. 5, 2014 at 6 pm.**Costume fee:** \$15**Tickets:** \$5**Visiting Weeks:** Oct. 13-15, Dec. 1-5***No Class the week of Nov. 24-28.****ATTIRE:**

For all classes, please pull hair out of eyes and off the neck.

Toddling Two-Two's and Creative Movement- Please wear comfortable clothes you can move in. Bare feet are preferable.**Ballet Classes** - Females please wear a leotard, tights and ballet slippers. Males please wear long pants, a T shirt and ballet slippers.**Hip Hop Classes** - Please wear clothes you can move in and rubber soled shoes or bare feet.**TODDLING TWO-TWO'S (Ages 2-3)**

Don't be fooled by the name, boys are welcome too! Basic movement aspects will be taught: directions, speed, levels, shapes and creativity.

CODE	SESS	DATE	TIME	FEE
32121	1	M 9/8-12/1	9:45-10:15am	\$96/\$120
32121	2	M 9/8-12/1	10:30-11 am	\$96/\$120

CREATIVE MOVEMENT (Ages 3-5)

Build a foundation for the love of dance and explore creativity too. Learn the basics of ballet, modern, jazz and improvisation. The kids will also have time to put movement to stories.

CODE	SESS	DATE	TIME	FEE
32123	1	M 9/8-12/1	5:45-6:30pm	\$120/\$150
32123	2	M 9/8-12/1	11:15am-12pm	\$120/\$150

BEGINNING BALLET (Ages 4-6)

Have fun while learning the basic movements of ballet. Learn to leap, turn, bend and much more while having time to explore creativity too. It will be a structured yet relaxed class.

CODE	SESS	DATE	TIME	FEE
32124	1	M 9/8-12/1	4:30-5:30pm	\$144/\$180

BEGINNING HIP-HOP (Ages 5-7)

Rock on with the latest kid appropriate tunes. Basic hip-hop, jazz and pom technique will be taught.

CODE	SESS	DATE	TIME	FEE
32125	1	W 9/10-12/3	4:15-5:15pm	\$144/\$180

HIP-HOP (Ages 8-11)

Rock on with the latest kid appropriate tunes. Hip-hop, jazz and pom technique will be taught.

CODE	SESS	DATE	TIME	FEE
32125	2	W 9/10-12/3	5:30-6:30pm	\$144/\$180

BALLET & CREATIVITY 2 (Ages 5-7)

Ballet technique, creativity and teamwork will encapsulate this class geared toward the individual who has previous dance experience or who can pick up the basic steps with little effort.

CODE	SESS	DATE	TIME	FEE
32127	1	Tu 9/9-12/2	4:15-5:15pm	\$144/\$180

BALLET & CREATIVITY 3 (Ages 8-11)

Ballet technique, creativity and teamwork will encapsulate this class geared toward the individual who has previous dance experience or who can pick up the basic steps with little effort.

CODE	SESS	DATE	TIME	FEE
32129	1	Tu 9/9-12/2	5:30-6:30pm	\$144/\$180

Youth Sports

SPORTY GIRLS / SPORTS ACTION

SPORTY GIRLS (Ages 4-6)

This exciting course will follow the curriculum of the Sports Action class but is designed just for the girls.

SPORTS ACTION (Ages 4-6)

These fun-filled courses are designed to introduce your child to the basic rules of the sports and exercise, including more specialized skills necessary for game time. We develop your child's athletic and social skills in our 4-week sessions. This is a co-ed class.

GOLF MINI CAMP (Ages 4-6)

Get into the swing! A great 2 week course introducing your youngster to the game of golf. Swinging, putting, and driving will be part of the fun learning.

CODE	SESS	CLASS	DATE	TIME	FEE
36020	1	Sporty Girls	TuTh 9/2-9/11	8:30-9:30am	\$34/ \$40
36030	1	Sports Action	TuTh 9/2-9/11	9:30-10:30am	\$34/ \$40

KICKBALL/T-BALL (Ages 4-6)

CODE	SESS	CLASS	DATE	TIME	FEE
36020	2	Sporty Girls	TuTh 9/16-10/9	8:30-9:30am	\$57/ \$72
36030	2	Sports Action	TuTh 9/16-10/9	9:30-10:30am	\$57/ \$72

BROOMBALL/ SOCCER (Ages 4-6)

CODE	SESS	CLASS	DATE	TIME	FEE
36020	3	Sporty Girls	TuTh 10/14-11/6	8:30-9:30am	\$57/ \$72
36030	3	Sports Action	TuTh 10/14-11/6	9:30-10:30am	\$57/ \$72

BASKETBALL CAMP (Ages 4-6)

A fun filled two week course introducing your youngster to the game of basketball. Dribbling, passing, shooting and working together will all be part of the learning.

CODE	SESS	CLASS	DATE	TIME	FEE
36020	4	Sporty Girls	TuTh 11/11-11/20	8:30-9:30am	\$34/ \$40
36030	4	Sports Action	TuTh 11/11-11/20	9:30-10:30am	\$34/ \$40

GYM GAMES (Ages 4-6)

CODE	SESS	CLASS	DATE	TIME	FEE
36020	5	Sporty Girls	TuTh 12/9-12/18	8:30-9:30am	\$34/ \$40
36030	5	Sports Action	TuTh 12/9-12/18	9:30-10:30am	\$34/ \$40

BASKETBALL

REGISTRATION AND OTHER INFORMATION

1. Registration for Louisville residents begins online 8/4 and non residents: 8/11
2. Early registration ends December 14.
3. If unable to place a child on a team, a refund or credit will be given.
4. Children must be in the appropriate grade during the 2014-2015 academic year.
5. No refunds will be given after the first practice.
6. Waiting list: A waiting list is created after the league has filled. Participants are placed on the waiting list according to the dates registered. Coaches do not have the authority to add players to their team. THE LEAGUE ADMINISTRATOR WILL PLACE ALL PLAYERS ON TEAMS.
7. Coaches Meeting will be on Wednesday, December 17 at 5:30pm at the Louisville Recreation Center. All coaches must attend.

BOYS BASKETBALL

CODE	GRADES	Practice Begins	Games Begin	FEE	Early FEE
16101	3 rd & 4 th	1/5	1/17	\$78/\$93	\$58/\$73
16102	5 th & 6 th	1/5	1/17	\$78/\$93	\$58/\$73
16103	7 th & 8 th	1/5	1/17	\$78/\$93	\$58/\$73

GIRLS BASKETBALL

CODE	GRADES	Practice Begins	Games Begin	FEE	Early FEE
16111	3 rd & 4 th	1/5	1/17	\$78/\$93	\$58/\$73
16112	5 th & 6 th	1/5	1/17	\$78/\$93	\$58/\$73
16113	7 th & 8 th	1/5	1/17	\$78/\$93	\$58/\$73



LOUISVILLE BASKETBALL CAMP (Ages 8-11)

Your child will learn about the game while they develop or improve the skills they already have for future success. Participants will learn fundamentals of dribbling, passing, shooting, rebounding, defense and court awareness. Success is achieved through basic drills and team play. Includes camp T-shirt and merit award. **Located at Louisville Elementary.**

CODE	SESS	DATE	TIME	FEE
36210	1	MW 10/20-11/5	5-6:30pm	\$75/\$85

SOCCER



REGISTRATION AND OTHER INFORMATION

1. Registration is currently underway.
2. **Early registration ends August 10.**
3. Coaches meeting will be Wednesday, August 13 at 5:30pm.
4. Teams created in the Fall 2014 will be kept together for the Spring 2015 season. We keep teams together for the academic year.
5. If unable to place a child, a refund or credit will be given.
6. We reserve the right to combine leagues, depending on the number of participants.
7. No refunds will be given after the first practice.
8. The season is based on a 7 game season. While every attempt will be made to make-up games that are cancelled, we do not guarantee 7 games.
9. Each participant must purchase a red and blue Louisville Soccer shirt for \$20.00. Shirts are worn during games. Previous year's participants may use shirts already purchased.
10. Practices are twice a week depending on team and coach.

YOUTH SOCCER

The Louisville Recreation Center continues to develop one of the best recreational soccer programs in the state by updating the format to allow kids to play with those more compatible in age. Stressing participation, development of skills and enjoyment, boys and girls ages 5-12 are encouraged to get involved. Practices will be twice per week, games on Saturdays with some games played with Lafayette to add to league variety. Age and division are determined by the chart below. VOLUNTEER COACHES are needed for this program. If interested, call Jesse DeGraw at 303-335-4909. Rainout line 303-335-4998.

AGE GROUPS

Division	Birthday	Division	Birthday
U7	8/1/07-7/31/09	U12	8/1/02-7/31/05
U9	8/1/05-7/31/07		

CODE	AGES	PRACTICE BEGINS	GAMES BEGIN	FEE	EARLY FEE
26221	U7 Boys	8/18	9/6	\$63/\$73	\$43/\$53
26222	U9 Boys	8/18	9/6	\$63/\$73	\$43/\$53
26223	U12 Boys	8/18	9/6	\$63/\$73	\$43/\$53
26225	U7 Girls	8/18	9/6	\$63/\$73	\$43/\$53
26226	U9 Girls	8/18	9/6	\$63/\$73	\$43/\$53
26227	U12 Girls	8/18	9/6	\$63/\$73	\$43/\$53

ITTY BITTY SOCCER

This class is designed to introduce your 3 or 4 year old to the basics of soccer while also developing social skills with kids of the same age. Location: Cleo Mudrock East field. Rainout line 303-335-4998.

CODE	SESS	DATE	TIME	FEE
26212	1	M 9/8-9/29	3-3:45pm	\$30/\$40
26212	2	Tu 9/9-9/30	3-3:45pm	\$30/\$40

PEEWEE SOCCER

This class is designed for 4 or 5 year-olds to continue developing soccer skills and prepare for league play. Classes will consist of drills, warm-ups, stretching and scrimmages. Location: Cleo Mudrock East field. Rainout line 303-335-4998.

CODE	SESS	DATE	TIME	FEE
26201	1	MW 9/8-10/1	4-4:45pm	\$43/\$53
26201	2	MW 9/8-10/1	5-5:45pm	\$43/\$53
26202	1	TuTh 9/9-10/2	4-4:45pm	\$43/\$53
26202	2	TuTh 9/9-10/2	5-5:45pm	\$43/\$53

FLAG FOOTBALL



FLAG FOOTBALL (Ages 6-13)

Not ready for contact but still want to play football? Louisville and Lafayette are teaming up to create the Youth Flag Football League. Designed to teach football fundamentals in a fun and safe environment, this co-ed league will be for youth ages 6-8, 9-11 & 12-13 year-olds. Practices will be once a week and games played on Friday evenings with home and away games. Volunteer coaches are needed. Please call Jesse DeGraw at 303-335-4909 for further information about the league and coaching opportunities.

1. Registration is currently underway. **Early registration ends August 3.**
2. There will be a coaches meeting Wed, Aug. 6 at 5:30pm.
3. No refunds will be given after the first practice.
4. Waiting List: A waiting list is created after the league has filled. Participants are placed on a waiting list according to the date registered.
5. Teams will be created by the school players attending and practice times available.
6. Jerseys and equipment will be provided. Cleats (plastic) are recommended for participants, mouth guards are required.
7. This is a 5-on-5 league, played on a 60-yard field.
8. To ensure league play, some games may be in Lafayette or Boulder.
9. Practices are 1 night a week with games being played on Fridays.

CODE	AGE	PRACTICE BEGINS	GAMES BEGIN	FEE	EARLY FEE
26800	6-8	8/18	9/5	\$63/\$73	\$43/\$53
26801	9-11	8/18	9/5	\$63/\$73	\$43/\$53
26802	12-13	8/18	9/5	\$63/\$73	\$43/\$53

OTHER AREA SPORTS

MONARCH LITTLE LEAGUE BASEBALL

MLL is the Little League International local league that services Louisville and Superior. We are a non-profit organization dedicated to teaching baseball to boys and girls ages 4-16. Registration begins in December and runs through February. MLL offers developmental clinics beginning in January for registered players with practices starting in March when the weather permits. The season begins in April and runs through June. For further information, please visit our website at www.monarchll.org. Information on the divisions and specific deadlines can be found on the website. The league is funded entirely by fees and donations, and is not funded by any municipality.

LOUISVILLE YOUTH BASEBALL ASSOCIATION (LYBA)

LYBA provides a challenging and exciting baseball experience for players from 8 to 14 years of age living in Louisville, Superior, Lafayette and surrounding areas. LYBA typically fields two teams per age group and plays in the top two competitive levels offered by Jefferson County Junior Baseball League (JCJBL). JCJBL provides 5,200 youth the best environment to play competitive baseball in the State of Colorado. The JCJBL season runs from April 1 through June 30. LYBA teams also participate in tournaments throughout the season. Tryouts for LYBA are held in September. Please visit the LYBA website at www.lyba.net for latest updates and contact information.

MONARCH YOUTH WRESTLING

The Monarch Miner Wrestling program is for youths ages 4-14. Participants practice 2 to 3 times a week and compete in tournaments throughout the season. For more information, go to www.monarchjuniorwrestling.com.

LOUISVILLE FOOTBALL ASSOCIATION (FALL)

The Louisville Football Association (LFA) is proud to offer competitive youth tackle football to the Louisville community. LFA is a member of the Coal Creek Midget Football League and forms teams in ages 7-13. Registration will be held in early May. For the latest information please check the LFA website at www.louisvillepirates.org.

GIRLS SOFTBALL (Ages 4-6)

Monarch Fastpitch Club (MFPC) is a nonprofit softball organization for girls ages 8-16 that live in the Louisville, Lafayette and Superior areas. All teams will participate in league play through the Indian Peaks Girls Softball Association, and players will be placed on teams based on their age and ability.

Our mission is to teach the correct fundamentals and continually build the softball skills of all players in a safe and positive environment. In addition, we want to teach and prepare those players who want to play in high school and/or competitively.

More information on registration and teams will be made available on the MFPC website (www.eteamz.com/CoyoteSoftball) after Dec. 1.



Punt, Pass & Kick



SUNDAY September 14

9-10am @ Louisville Sports Complex

Boys and girls in the following age groups (6-7, 8-9, 10-11, 12-13 & 14-15) are eligible to compete and are asked to come between 9-10am. The top scorer in each group moves on to the sectional competitions. First, second and third place winners are recognized. No pre-registration required. Winners will have to provide birth certificates as proof of age.

Must Wear Tennis Shoes - No Cleats Allowed.

RACQUETBALL



NOTE: All participants **MUST** wear protective eye wear. Racquets and balls are available at the front desk.

BASIC SKILLS (Ages 7-14 years)

This class combines basic rules and fundamentals of racquetball with the skills required for competitive play. Players who complete this class will be ready to participate in the youth racquetball league.

CODE	SESS	DATE	TIME	FEE
36007	1	Tu 9/9-10/14	4:30-5:15pm	\$59/\$69
36007	2	Tu 11/4-12/16	4:30-5:15pm	\$59/\$69

No class Thanksgiving week.

YOUTH RACQUETBALL LEAGUE (Ages 8-12 years)

This class provides supervision and coaching in a league play format. Players participating must be able to demonstrate understanding of the basic rules and fundamentals of racquetball. Players who complete this class will have a strong skill base for sanctioned tournament.

CODE	SESS	DATE	TIME	FEE
36003	1	Tu 9/9-10/14	5:15-6pm	\$59/\$69
36003	2	Tu 11/4-12/16	5:15-6pm	\$59/\$69

No class Thanksgiving week.

VOLLEYBALL

YOUTH VOLLEYBALL (Grades 3-8)

For the first time the City of Louisville will be offering Youth volleyball. The Co-Ed league will emphasize teamwork, sportsmanship, skill development, fun and participation. Teams will be formed by staff and will play a six game schedule in cooperation with Lafayette and Longmont with two hours of practice a week. Some travel is required. Practice begins the week of 9/2 and games are on Saturdays beginning 9/13. Times and days for practice will vary depending on the volunteer coaches availability. **VOLUNTEER COACHES NEEDED! Coaches meeting TBD.**

CODE	SESS	GRADES	PRACTICE BEGINS	GAMES BEGIN	FEE
36300	1	3rd & 4th	9/2	9/13	\$50/\$60
36301	1	5th & 6th	9/2	9/13	\$50/\$60
36302	1	7th & 8th	9/2	9/13	\$50/\$60

Adult Sports

CO-ED VOLLEYBALL

1. Ages 18 and up. Sign up as a team of 4 players or as a free agent.
2. Games are Mondays starting at 6pm.
3. Starts September 15.
4. All registration is on a first-come, first-serve basis. The full cost of the league must be paid at the time of registration.
5. Stop by the Louisville Recreation Center or call (303) 335-4909 to receive a league roster and registration form. Please include the complete mailing address and an email address on the registration form for the Team Manager.
6. A minimum of 5 teams are required to form a league.
7. This is a 4-on-4 format with a minimum of one player being female on the court at all times. Games will be played with a minimum of 2 players per side.
8. Registration deadline is September 10.

CO-Ed 4v4 Volleyball (7 matches)

CODE	SESS	DATE	TIME	FEE
36900	1	M 9/15-11/3	6-10pm	\$150
36900	2	M 9/15-11/3	6-10pm	free agent

ADULT SOFTBALL

1. All registration is on a first-come, first-serve basis. The full cost of the league must be paid at the time of registration.
2. Stop by the Louisville Recreation Center or call 303-335-4909 to receive a league roster and registration form. Please include the complete mailing address and an email address on the registration form for the Team Manager.
3. All games are played at the Louisville Sports Complex.
4. A minimum of 5 teams are required to form a league.
5. Practice fields and facilities are not provided.
6. Alcohol is not permitted at Louisville Sports Complex.
7. This is a 7-week session. There will be an end-of-season tournament in October.
8. Registration deadline: Aug. 8.

COED RECREATIONAL - FALL (7 games)

CODE	SESS	DATE	TIME	FEE
26211	1	D-Rec Wed 8/13	6-10pm	\$450
26211	2	D-Rec Sun 8/17	4-8pm	\$450
26211	4		4-8pm	Free Agent

ALL ADULT SPORTS WILL TAKE FREE- AGENTS

If you are interested in playing a sport, sign-up at the Registration Center. We will create a full-team from free-agents if we get enough players or we will try to place you on an existing team if there is a need.

FLAG FOOTBALL



ADULT FLAG FOOTBALL - FALL

Louisville and Lafayette are putting together an adult flag football league in the area. Join us as we throw the pigskin and relive the glory days. Games are played 4-on-4 and on a 60-yard field. This is a non-contact league- un-

sportsmanlike conduct will result in the offending player being dismissed from the league. Game will be played on a rotating basis in both cities. Rainout line: 303-335-4998.

CODE	SESS	DAY/TIME	START DATE	FEE
26203	1	Th 6-10pm	8/22	\$265
26203	2	Th 6-10pm	8/22	Free Agent

RACQUETBALL

NOTE: All participants MUST wear protective eye wear. Racquets and balls are available at the front desk.

CHALLENGE COURT

Monday nights from 6:00-9:00pm. Courts 1 and 2 will be used for the challenge court and are run on a first come, first served basis by writing your name on the white board outside the courts. See posted rules for more details.

RACQUETBALL LESSONS

Are you ready to bring your game to the next level? AmPro certified instructors are now available at the Louisville Recreation Center. For more information, call Jerry Siravo, 303-335-4925.

1 60 minute lesson	\$50
3 60 minute lessons	\$150
6 60 minute lessons	\$270

TENNIS

ADULT TENNIS

This instructional program is designed to provide weekly basic skills needed to play tennis. Instructor: Jim Gilbert

BEGINNERS

CODE	SESS	DATE	TIME	FEE
36610	1	Tu 8/14-8/21	9-10am	\$14/\$18
36610	2	Tu 8/28-9/18	9-10am	\$28/\$35

INTERMEDIATE

CODE	SESS	DATE	TIME	FEE
36611	1	Tu 8/14-8/21	10-11am	\$14/\$18
36611	2	Tu 8/28-9/18	10-11am	\$28/\$35



EARLY LEARNING PRESCHOOL PROGRAM

Registration
already in
progress!

Is your preschooler ready to embark on a road full of fun and learning? Building Blocks and Stepping Stones are fun, nurturing classes for 3 - 5 year-olds to play, learn, grow and socialize at their own pace. The part-day pre-school programs (classes are M,W,F and meet for less than 3 hours) are designed to meet the academic, social and physical needs of youngsters by providing a stimulating, safe and healthy environment. Lessons are fostered through play at this young age to develop a love of learning. Small classes promote social, emotional, fine and gross motor, cognitive and language development. The positive atmosphere increases self-esteem, creativity, risk taking and problem solving abilities and encourages the development of new ideas and new friends. Your child will have access to both indoor and outdoor facilities of the Louisville Recreation Center. Our teachers have backgrounds in education and experience working in a preschool classroom setting. They are educated professionals who provide a well supervised and stimulating learning environment for your children in a state licensed program.

Registration 2014 - 2015 Registration will carry over each month. Classes will follow the Boulder Valley School District calendar for all holidays, and school breaks. Tuition is collected Sept. - May and no school days are figured into the monthly tuition for the school year.

2015-2016 school year registration will start March 2015.



Deposit/Cancellation Policy One month's tuition is collected at time of registration as a deposit. If your child remains registered all 9 months of the program (Sept. 2014-May 2015), your deposit will be applied to May's tuition. If you cancel out of the program at any time after paying your deposit (even if the program has not begun yet), the deposit becomes non-creditable/non-refundable. Cancellation requests must be made in writing before the 15th of the preceding month or tuition will be collected.



2014-2015 Building Blocks (Age 3 by 9/30/14)

CODE	DATE	TIME	FEE
62400-1	MWF 9/2014-5/2015	8:45-11am	FULL
62400-2	MWF 9/2014-5/2015	11:30-1:45pm	\$180/\$225

2014-2015 Stepping Stones (Age 4-5 by 9/30/14)

CODE	DATE	TIME	FEE
62400-3	MWF 9/2014-5/2015	8:15-11am	FULL
62400-4	MWF 9/2014-5/2015	11:30-2:15pm	FULL

Contact Mandy Perera for information or to schedule a visit (303) 335-4902, mandyp@louisvilleco.gov

TWOODLES (Age 2+ by 9/30/14)

This is the ideal class for any 2 year old ready to explore on their own! The class offers a variety of materials and activities giving children an opportunity to assert their budding independence by making choices based on interest. Inherent in this setting is the opportunity to develop and practice social skills in a supportive and nurturing atmosphere. Circle time for stories, singing, dancing, and sharing enhance the fun and learning! Parents must remain in the facility during class, but not in the classroom.

CODE	SESS	DATE	TIME	FEE
32003	1	TuTh 9/2-10/16	8:45-9:45am	\$91/\$113
32003	2	TuTh 10/21-12/18	8:45-9:45am	\$98/\$122
32004	1	TuTh 9/2-10/16	10 – 11am	\$91/\$113
32004	2	TuTh 10/21-12/18	10 – 11am	\$98/\$122
No class Thanksgiving week. Session 1 runs 7 weeks, Session 2 runs 8 weeks. No class 11/11.				



AMERICAN SIGN LANGUAGE



Enhance Your
Child's Language
Development

Brought to you by **DEBORAH VAUGHAN**. Deborah is a certified SIGN2ME instructor and has been signing in the Boulder Valley School District for years.
deborah@seesawsigning.com

SING & SIGN (Ages 4–24 months)

Children of all ages love music, movement and fun! This interactive curriculum teaches parents, caregivers, and tots over 100 ASL signs using music, games and stories. Introducing ASL to a preverbal child provides an excellent bridge to verbal communication, and has been shown to reduce frustration and encourage fine motor skills. Sing and Sign is the FUN way to learn!

PARENT/TOT LEVEL 1 (Ages 4-12 mos.)

CODE	SESS	DATE	TIME	FEE
32102	1	Sa10/4-10/25	9-10am	\$70/\$87

PARENT/TOT LEVEL 2 (Ages 9-24 mos.)

This fun, interactive Parent/Tot class uses music, games and stories designed to teach parents and busy toddlers fun and creative signs needed to expand their baby's growing ASL vocabulary. Learn colors, family, emotions, nature and weather.

CODE	SESS	DATE	TIME	FEE
32102	2	Sa10/4-10/25	10:15-11:15am	\$70/\$87



PARENTING CLASS



Love and Logic Early Childhood Parenting Made Fun! Creating Happy Families and Responsible Kids™

(for parents of children birth to 6 yrs. of age)

Facilitator: **SHERYL SCHWABE**

MSW, CAC III and mother of triplets.

(303) 520-6803, sschwabe@comcast.net

Have you ever asked:

- How do I get my child to listen the first time?
- How do I stop the whining and arguing?
- How do I deal with morning battles, bedtime hassles and other power struggles?
- How do I teach my child to be more responsible and respectful?
- How do I do all this and still have a loving relationship with my child?

Parenting is the most important job we will ever have!

Why not take classes to enhance our parenting skills? This class provides simple, practical and proven skills that can be used right away to affect children's behaviors. This parenting approach combines loving support from parents while at the same time expecting kids to be respectful and responsible. Children become more confident, accountable and better at making decisions in the real world.

EARLY CHILDHOOD PARENTING MADE FUN CREATING HAPPY FAMILIES & RESPONSIBLE KIDS™

For Families with children birth to 6 years

CODE	SESS	DATE	TIME	FEE
32108	1	W 10/1-10/29	6-8:30pm	\$120/\$150 individual
32108	2	W 10/1-10/29	6-8:30pm	\$160/\$199 couple
\$20 materials fee due to instructor at first class.				

MUSIC TOGETHER



Brought to you by
Shari Griswold
(720) 280-5871

www.MusicTogetheroftheRockies.com

MUSIC TOGETHER MIXED-AGE CLASS

(Newborn to kindergarten)

All children are musical! This natural ability grows best in the early years from birth until five, a crucial time in a child's development. Music Together class provides a playful, musically rich and developmentally appropriate setting that helps children develop a love of music as well as the skills they need to participate confidently and joyfully in music making their whole life. Because very young children instinctively respond to and imitate their caregivers, adult participation is a crucial part of the musical environment we create. Adults, with or without a musical background, find that participating is non-threatening and fun. Parents learn how to play musically with their child and how to understand and enhance music development. Description of materials below. Instructor: Dar Zerwekh Reardon

CODE	SESS	DAY/ DATE	TIME	FEE
32118	1	Th 9/18-11/20	9-9:45am	\$140/\$170
32118	2	Th 9/18-11/20	10-10:45am	\$140/\$170
Additional registration fee of \$40 due to instructor at first class.				

MATERIALS

Families, adults and kids alike, rave about the **Music Together** music collections. The CD you receive in class is of the highest quality, professionally recorded and developed by the Center for Music and Young Children based on research and years of parent and teacher feedback. Enrolled families receive a songbook, one CD and a code to access Music Together's brand new Family Music Zone. There, You'll be able to download the current song collection and fun content just for you. This way you can continue the music making fun at home. Families new to Music Together will also receive our **"Music Together at Home: Helping Your Child Grow Musically"** parent DVD.

An additional registration fee of \$40 is due the first day of class to the instructor. Please make checks payable to Music Together of the Rockies. When you register a second child over the age of 8 months, the fee is waived. Infants 8 months and younger may attend FREE with a registered sibling. The additional registration fee for Moxie Moms is \$19.

Youth Activities

HOLIDAY MUSIC AND STORIES (ages birth - kindergarten)



We invite you and your little ones to join us for singing, movement, instrument play and stories about Christmas and Holiday cheer. This is a wonderful opportunity to make music with your children and to celebrate during this fun time of year. Brought to you by Music Together. Instructor: Dar

CODE	SESS	DAY/ DATE	TIME	FEE
32119	1	Th 12/11-12/18	9-9:45am	\$26/\$32 per family
32119	2	Th 12/11-12/18	10-10:45am	\$26/\$32 per family

There are two Thursday class meetings for this program. Simply sign up one child to register.

YOUNG REMBRANDTS



kathleen.briscoe@youngrembrandts.com
www.youngrembrandts.com/DenverNW
303-997-4601

YOUNG REMBRANDTS provides a fun and creative environment where your child will learn how to draw and explore his or her artistic skills.

ELEMENTARY DRAWING (Grades K-5)

Encourage your elementary student's enthusiasm for art and help develop their drawing skills with a Young Rembrandts drawing class. Drawings like our sun and moon characters will teach our students to transform simple shapes into fully-realized characters. Our colorful drawing of a macaw parrot will help develop our students' sense of color. Awesome drawings like our detailed pirate ship will inspire a sense of adventure in every child. Our Native American lesson will introduce our students to basic figure drawing and a rich history. Sign up today!

CODE	SESS	DATE	TIME	FEE
32142	1	Tu 9/9-9/30	4:45-5:45pm	\$54/\$67
32142	2	Tu 11/4-11/18	4:45-5:45pm	\$39/\$48

CARTOON DRAWING (Grades K-5)

Does your child have a great sense of humor? If so, your child will LOVE a Young Rembrandts Cartoon class. Students will draw various cartoon characters and learn important techniques like exaggeration and personification. Sports-related drawings will instruct students to create action-inspired imagery. We'll transform sweet candies into fully-realized cartoon characters. We also have holiday-themed drawings just in time for the season. Our students will also learn to tell a story through the use of sequential drawings. There's no better time than NOW for your student to be challenged artistically and to create amazing pieces of artwork. Get ready for some fun – sign up today!

CODE	SESS	DATE	TIME	FEE
32141	1	Tu 10/7-10/28	4:45-5:45 pm	\$54/\$67
32141	2	Tu 12/2-12/16	4:45-5:45 pm	\$39/\$48

HARMONY'S A.C.T. - APPRECIATING CHILDREN'S TALENTS



Brought to you by **Harmony Larke**. All classes held at the Louisville Center for the Arts, 801 Grant Avenue, Memory Square Park (303) 817-9654
www.harmonysact.org

ALL PROGRAMS ARE DROP-OFF UNLESS OTHERWISE NOTED

LITTLE ARTIST (Ages 18 mo. – 3 yrs.)

This class is designed for you and your child to create art by making a mess and having fun through a large range of art materials. Everything is non-toxic. We do use food in this class so please let instructor know of any allergies. Children make three projects in each class.

CODE	SESS	DATE	TIME	FEE
32191	1	W 9/24-12/10	9:15-9:50am	\$132/\$160
Parent participates in class.				

2-4'S ART (Ages 2 1/2 – 5)

This is the perfect drop off class for your little artist. We will be making things out of: Paint, clay, wood, foam, fabric, and fun messy hands on materials. Make three projects each class. We use non-toxic and earth friendly materials.

CODE	SESS	DATE	TIME	FEE
32192	1	W 9/24-12/10	10:30-11:30am	\$165/\$200

THE ART OF MAGIC (Ages 5-9)

Have you always been intrigued by magic? Here is your chance to learn and create your own magic tricks. We will be making our own props and a magic kit that will help you on your way to being the greatest magician!

CODE	SESS	DATE	TIME	FEE
32194	1	Tu 11/11	9am-12pm	\$40/\$50



STEM GIRLS



brought to you by Karen Alfino
www.STEM4USA.org
kalfino@yahoo.com
 Karen is a STEM librarian

STEMGIRLS ANIMAL SCIENCE ACTIVITY (Girls Ages 9-13)

STEMgirls will make an animal toy to be donated to a Humane Shelter. This hands-on program also includes a Skype chat with a female CSU Vet Student allowing STEMgirls to ask questions.

CODE	SESS	DATE	TIME	FEE
32130	1	Th 10/9	4:45-6pm	\$25/\$30
32130	2	Th 12/11	4:45-6pm	\$25/\$30

STEMGIRLS MAKE MARTIANS (Girls Ages 9-13)

STEMgirls will make pipe cleaner Martians with ultra-violet (UV) beads. STEMgirls will discuss the differences between UV rays on Earth vs. Mars. STEMgirl Mentor Skype in special guest will field Q & A.

CODE	SESS	DATE	TIME	FEE
32130	3	Th 11/6	4:45-6pm	\$32/\$40

WHY IS STEM (SCIENCE, TECHNOLOGY, ENGINEERING & MATH) IMPORTANT FOR GIRLS

Getting girls interested in the rocketing number of jobs in science, technology, engineering and math (STEM) is essential to a competitive U.S. economy. Research shows that attracting girls to hands-on STEM learning prior to middle school is essential to fueling future interest. STEMgirls provides the opportunity to spark - and sustain - interest in STEM fields.



Winter Break Mini Camps



"GREEN" GIFTS (Ages 6-9)

Have fun making eco-friendly gifts that you can give to your friends and family this holiday season! Each participant will also have time for other fun holiday activities. Snack is provided.

CODE	SESS	DAY/ DATE	TIME	FEE
32026	3	M 12/22	9am - noon	\$36/\$45

ART MINI-CAMP (Ages 3-9)

Attention artists (or anyone who likes to get hands-on and messy!), let's create our own art museum! We will use a variety of mediums as we explore and learn about art. What a great way to stay engaged and have fun over winter break!

CODE	SESS	DAY/ DATE	TIME	FEE
32026	1- (Ages 3-6)	MTu 12/29 & 30	9am - noon	\$48/\$60
32026	2- (Ages 6-9)	MTu 12/29 & 30	12:30-3:30pm	\$48/\$60

Y.A.B. YOUTH ADVISORY BOARD

DO YOU WANT TO REPRESENT THE YOUTH OF LOUISVILLE?

Apply to be on the City of Louisville's Youth Advisory Board (YAB)! Work on various projects that are community related, provide a voice for the youth of the community to the city officials, make a difference! Applications are available on the City's website, www.louisvilleco.gov. To be eligible:

- Must be a Louisville Resident who will be in the 6th-12th grade during the 2014-2015 school year.
- Must be available the first Thursday of each month in the evening for meetings during the school year.
- Must have additional availability for 2-5 hours a month to serve on projects.
- Must be able to serve on the board for two school years (2014-2016) unless a senior in High School. Applicants should have an interest in community issues for youth to include: volunteer work, safety, social, recreational and educational activities, community services and local government.

Visit the YAB on the City's website to find out more. Applications are due Sept. 6 www.louisvilleco.gov Under Boards and commissions/Youth Advisory Board.



YAB members at City Council recognition.



AMERICAN RED CROSS BABYSITTING (Ages 11-15)

Safety techniques, preventing accidents, rescue breathing and what to do in case of an emergency are all covered. All participants receive a training handbook, emergency reference and training CD. Certificates will be emailed after the class. Bring a sack lunch for full day classes. Late arrivals will not be eligible to participate. As this is a certification class, participants must attend entire class.

CODE	SESS	DATE	TIME	FEE
32030	1	Sa 9/13	9am-3pm	\$78/\$97
32030	2	Sa 10/11	9am-3pm	\$78/\$97
32030	3	Sa 11/15	9am-3pm	\$78/\$97

GRANDPARENTS CARING FOR GRANDCHILDREN

This seminar is offered to grandparents who are eager to help out with a new baby or young children, but who quickly discover that their experience doesn't always transfer to a new generation. Caring for a child now comes with many rules that didn't exist when you were caring for your own children. Besides learning about the latest rules on crib and car safety, you will also learn about the new dangers for children that come with modern technology, such as television tip-overs, etc. Dr. Robert Bucknam, with Cornerstone Pediatric Associates here in Louisville, is our guest speaker for this presentation. Dr. Bucknam has been in practice since 1992. *Childcare is available by reservation only. Call 303-335-4919 by October 24. No fee.*

CODE	SESS	DATE	TIME	FEE
38035	1	Tu 10/28	1-2pm	Free

LETTERS FROM SANTA

**SANTA IS
MAKING
HIS LIST!**



Sign up your kids to receive a letter customized specially for them from Santa.

CODE: 32023-1

RESIDENT FEE: \$4 per letter

NON-RESIDENT FEE: \$5 per letter

Register and return form to the Louisville Recreation Center by **Friday, November 14th** to ensure letter delivery on time.

QUESTIONS?
Contact Mandy at
Mandyp@louisvilleco.gov
or 303-335-4902.

PLEASE FILL OUT THE FORM BELOW AND RETURN BY NOVEMBER 14TH AND REGISTER FOR 32023-1

Child's name _____

Parent's name _____

Address _____

City, State, Zip _____

Phone number _____

Child's age _____ Boy / Girl (circle one)

Child's birthday _____ Pets _____

Siblings (names / ages) _____

(Please indicate male / female if unusual name)

Big events / accomplishments this year _____

Child's friends _____

Where child will be spending Christmas Eve and morning _____

Who will you be celebrating the holidays with? _____

Special holiday traditions _____

Does your child write a letter or send a list to Santa? _____

Special tips for Santa _____

School child attends _____ Teacher's name _____

Senior Services

Look Inside- It's full of endless possibilities!

They serve
a nutritious
lunch daily

Let's
become
platinum
members
today



3to5 different day-trips per month to:

- Theaters
- Museums
- Scenic Escapes
- Wonderful Restaurants

Special Events:

- Health Fairs
- Art Shows
- Holiday Lunch/Dinner Celebrations
- Health & Wellness Classes & Presentations

Helpful Resources:

- Helpful Support Groups
- Medical Equipment Loans
- Activity Scholarships
- Resource Referrals
- Financial, Transportation, & Care-giving Assistance
- Tax Preparation & Classes

Classes and Drop-in Programs:

- Exercise Equipment & Classes
- Billiards/Pool Tables
- Card Games
- Dancing
- Garden & Book Clubs
- Computer Usage & Classes

And so much more
visit louisvilleseniorservices.com
or call 303-666-7400

Stay active...and Enjoy Life!
AGE WELL at the Louisville Senior Center!
Λ

SENIOR CENTER STAFF

Our dedicated staff is here to assist you.



L to R: Katie Beasley, Senior Services Supervisor
Diane Evans, Community Resources Coordinator
Angie Ferguson, Meal Site Coordinator

REGISTRATION INFORMATION

Louisville resident registration begins at
8am on Wednesday, August 13

Non-resident registration begins at
8am on Wednesday, August 20

WALK-UP to Recreation Center front desk with cash,
check, Visa/Mastercard/American Express/Discover.

MAIL form with check or credit card payment to:
Louisville Recreation Center
900 West Via Appia Way
Louisville, CO 80027

CANCELLATION/REFUND POLICY: Activities cancelled
for low enrollment will be given a full refund or credit. No
refunds or credits for cancellations made less than 3 work-
ing days before the start of activity. Special circumstances
may be considered. Exceptions: if the event is a ticketed
activity, no refunds will be given unless we can resell your
ticket.

*Refunds of \$20 and under must remain a household
credit and no additional surcharge will be applied.
*\$5 surcharge for check refunds.

REGISTER EARLY ONLINE!

with a major credit card
www.louisvilleseniorservices.com

Residents: **Monday, August 11**

Non-residents: **Monday, August 18**

A Note from Your Chair...

Are you recently retired and have some time to share with us? Do you live in Louisville? We would love to have you and your experience on our Senior Advisory Board! Every year we recruit some new members for our 9 member board. Each member is eligible to serve for a 3-year term and may choose to serve a second term. Our board meets every other month. Each member serves on a committee. Everyone helps with the annual Heat Relief Dinner and Silent Auction fund raiser. Email or call me if you would be interested in serving or would like more info.

JULIE STONE,

Senior Advisory Board Chair, 303-926-1845

You may be eligible for a FREE Recreation Center Membership.

Bring your Supplemental MEDICARE or PERACARE Health Care Insurance card to check eligibility. Stop by the front desk or any senior services staff member to find out. Pass members enjoy unlimited facility usage, FitZone classes including SilverSneaker® classes (see below) and racquetball court reservations. Drop by and find out today!

SilverSneakers® Classic

Mondays & Wednesdays,
10:30-11:30am
Tuesday, 1-2pm

SilverSneakers® Cardio

Mondays, 8-9am

SilverSneakers® Circuit

Wednesdays, 8-9am
Thursday, 1-2pm



Please consider joining us at one of the following Board and/or Focus Group meetings.

ADVISORY BOARD MEETINGS

Tuesday, September 16, 1pm

Wednesday, November 19, 12pm

SOCIAL & CIVIC ENGAGEMENT

Programs: Thursday, September 25, 1pm

BASIC NEEDS

Thursday, October 30, 10:30am



Why become a Platinum member?

As a Platinum member, you will enjoy...

1. Continued subsidy on trips and programs offered by the City of Louisville
2. Continued free programs made possible by our volunteers
3. All drop-in activities free of charge
4. Senior Center amenities: coffee, snacks, computer lab, meeting rooms, library, TV, movies, lounge, staff support and resources
5. Free attendance to annual events: Older Americans Month Celebration, Ice Cream Social, T- Day Feast and Holiday Dinner
6. Free loan closet rentals
7. Free name tag for day trips

COST PER YEAR:

\$12 residents (\$1/month)

\$24 non-residents (\$2/month)

Stop by the front desk and enroll in the PLATINUM membership program TODAY!

Senior Services

A NOTE ABOUT TRIP ETIQUETTE

- Please arrive on time. Be here 15 minutes before scheduled departure time.
- Please be considerate of those with limitations who may require the front seat or a window seat.
- Respect your trip escorts. They have been trained by staff to lead your trip and are volunteering their time.
- Welcome new people and be an Ambassador for Louisville Senior Services!
- Please enjoy the ride and leave the driving to the driver and escort. They have the directions and will get you there the most efficient way they deem possible.
- Please be flexible. Sometimes things just don't go as planned – traffic jams, weather, disappointing food... we encourage you to not let these things ruin your trip. Make the most of your time!
- Tipping the driver is not included in your fee. Feel free to tip the driver when you receive exceptional customer service!
- Stay hydrated! We recommend that you bring your own water bottle. Bottled water is available for purchase in the Rec Center lobby.

LUNCH BUNCH



CHINA GOURMET, LONGMONT

Let's head to Longmont for one of Boulder County's best Chinese Restaurants. They have traditional Chinese food on their menu. Lunch on your own. Entrée range: \$8.25-\$15.

CODE	DAY/DATE	TIME	FEE
38051-1	W 9/3	11am-2pm	\$5/\$6

PASTA J'S, BOULDER

For more than 20 years, Pasta Jay's has served exceptional Italian food in a fun atmosphere. They call it, "A restaurant you can call home!" Their menu features traditional pizzas, pastas, entrees, specialty mac and cheese, salads and much more. Lunch on your own. Entrée \$12-\$20.

CODE	DAY/DATE	TIME	FEE
38051-2	W 10/1	11am-2pm	\$5/\$6

PARMA'S, LOUISVILLE

Parma Trattoria and Mozzarella Bar's (1132 W. Dillon Rd., Louisville) philosophy is to use organic ingredients from local farmers, and green unaltered products whenever possible. Parma's menu is vast and diverse. Traditional Italian dishes such as pastas, pizzas, salads, meat, poultry and seafood abound in various styles. The cheeses are all lactose free; a couple are made in house and the others are imported directly from Rome and Naples. The chefs always prepare unique daily specials that will surely exceed your expectations. Lunch on your own. Entrée range: \$6-\$14.

CODE	DAY/DATE	TIME	FEE
38051-3	W 11/5	11:30am-1pm	meet at restaurant

BROWN PALACE TEA



We will enjoy the Brown Palace Signature Tea. You will be offered a selected tea of your choice accompanied by h o m e - m a d e scones served

with Devonshire cream, preserves, finger sandwiches and an exquisite selection of classic tea pastries. Get in the holiday spirit and don't miss this wonderful afternoon. Price includes transportation, and fees for the tea luncheon at the Brown Palace.

CODE	DAY/DATE	TIME	FEE
38051-4	M 12/1	11:15am-3:30pm	\$54/\$68

DINNER GROUP

THE KEG, DENVER

Join us for a delicious dinner in LODO at the Keg. They say their steaks are a cut above; always well trimmed and cut to avoid excess fat and gristle, better with age all their steaks are specially aged to a minimum of 21-28 days for extra tenderness, are well marbled resulting in a juicy and more flavorful steak and with an added spice that's sprinkled with their unique blend of spices and seared over a high heat to lock in natural juices. Of course, they offer other wonderful items such as seafood items, chicken and ribs. Dinner on your own. Entrée range: \$19-\$42.

CODE	DAY/DATE	TIME	FEE
38052-1	Tu 9/23	4-8pm	\$5/\$6

Senior Services / Day Trips



SUGARBEET, LONGMONT

Sugarbeet has an intimate yet casual atmosphere. Each order is carefully crafted by their chef so you have a truly unique and eclectic dining experience. Some menu items are: Grilled wild gulf shrimp, Baby Back Ribs, Pan Roasted Alaskan Halibut (their menu

is seasonal and may be different in the fall). Dinner on your own. Entrée range: \$21-\$32.

CODE	DAY/DATE	TIME	FEE
38052-2	Tu 10/28	4:30-7:30pm	\$5/\$6

VESTA DIPPING GRILL, DENVER

Don't miss out on this unique dining experience! The original Vesta Dipping Grill concept focused on grilled meats inspired by preparations from around the world. These dishes were paired with your choice of sauces, served on the side, also inspired from cuisines across the globe. Chutneys, salsas, marmalades, aiolis, and more, competed for attention from a list of over 30. While the list of exotic dipping sauces remains, the soul of Vesta's menu has evolved to embrace Chef Brandon Foster's love of seasonal, fresh ingredients prepared with a focus on technique. Dinner on your own. Entrée range: \$18-\$36.

CODE	DAY/DATE	TIME	FEE
38052-3	Tu 11/18	4:15-8pm	\$5/\$6

CHEESECAKE FACTORY, DENVER

The Cheesecake Factory menu features more than 200 menu selections made fresh from scratch each day using only the highest quality ingredients which combines to create our remarkable tastes. They are known for their generous portions which are ideal for sharing or taking home but be sure to save room for one of their 50 cheesecake desserts. Dinner on your own. Entrée range: \$11-\$30.

CODE	DAY/DATE	TIME	FEE
38052-4	Tu 12/16	4:15-8pm	\$5/\$6

DAY TRIPS

MILITARY TATTOO SHOW, ESTES PARK



Featuring performances from 1st Battalion Scots Guards Pipes and Drums, 3rd Infantry Old Guard Pipes and Drums, Band of America's Few, Fountain City Brass Band, Colorado State University ROTC Wing Walkers Drill Team, Pikes Peak Highlanders Honor Guard and Pipe Band, Northern Colorado Caledonian Pipes and Drums, Queen City Pipe Band, Mountain Men Choir, North American Aerospace Defense Command Honor Guard, Scottish American Military Society Honor Guard, Boy Scouts of American Honor Guard, and more. Before, we will stop for dinner at the Other Side Restaurant. Dinner on your own with a limited menu offering. Entrée range: \$10-13.

CODE	DAY/DATE	TIME	FEE
38020-1	Th 9/4	3:45-10:30pm	\$31/\$39

BOTANIC GARDENS - CHIHULY EXHIBIT



Denver Botanic Gardens presents artwork by celebrated American artist, Dale Chihuly. Chihuly's sculptures add bold colors and dramatic beauty to the Gardens' 24-acre urban oasis. Chihuly is credited with revolutionizing the Studio Glass movement and elevating glass medium from craft to fine art. He is renowned for architectural installations around the world. We will have a guided tour, with another hour to look on your own. After that we stop for lunch (on your own) at Annie's Café. Entrée range: \$5-\$13. Annie's full menu includes breakfast all day, lunch, dinner, soda fountain and desserts.

CODE	DAY/DATE	TIME	FEE
38021-1	Th 9/18	8:30am-2:30pm	\$23/\$29

DOWNTOWN DENVER & MAGGIANO'S — SENIORS ON THE MOVE BUS TRIP



Join us for a trip on the RTD bus to Denver for lunch at Maggiano's Italian Restaurant on the 16th Street Mall and a quick "look" at the new Union Station Transit Center. Coupons for the bus ride will be provided... lunch on your own. A Via Mobility Services travel instructor will offer an overview of the bus system and be available to answer your questions. Sign up at the front desk - limit of ten participants.

**** Meet at the US 36/McCaslin Blvd Park and Ride (7931 Marshall Road, south side of US 36) at 10:10 where we will take the BV bus at 10:19 to Denver. We will return to the Park-n-Ride at 2:28pm.**

CODE	DAY/DATE	TIME	FEE
38022-1	W 9/24	10:10am-2:30pm	Free

Senior Services / Day Trips



BANJO BILLY'S DENVER TOUR



As the Queen City of the Plains, Denver has long been a destination for those traveling west. But it's been a rocky road from mining town to metropolis. Join us on our 90 minute Denver tour to learn about Denver's corrupt past, promising future, and the ghosts and criminals who still form our identity today. Some things covered are: how Denver's corruption led to a war right in front of our city hall, how Denver got its name for the price of a barrel of whiskey, the real story of Molly Brown, before and after that boat incident. MEET at 11:45am at Carraba's on McCaslin Blvd for this trip and the Banjo Billy Bus will pick up and then drop you back off there. Lunch on your own. Entrée range: \$9-\$18.

CODE	DAY/DATE	TIME	FEE
38023-1	M 9/29	11:45am-4pm	\$25/\$31

DANCING PINES DISTILLERY & MCGRAFF'S, LOVELAND



Let's start by filling our bellies at McGraff's American Grill in Loveland before we head to the Distillery. Lunch is on your own. Entrée range: \$8-\$16. Handcrafted, artisan... what do these words mean to you? Dancing Pines Distillery puts meaning into these words for the world of spirits. Natural, local, high quality ingredients are used to create delightful beverages by hand. They produce craft distillery, artisanal small batch rums, whiskeys and liqueurs. All spirits are distilled and matured in-house by a master brewer, distiller and blender. Enjoy!

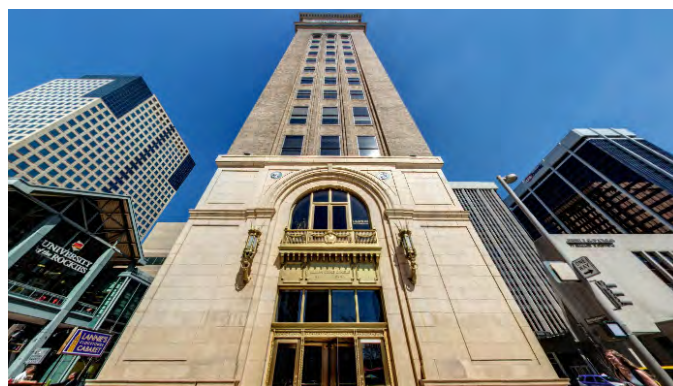
CODE	DAY/DATE	TIME	FEE
38024-1	W 10/8	11am-4:30pm	\$5/\$6

HAUNTED DENVER TOUR WITH DENVER HISTORY TOURS



This tour includes a drive through many of Denver's most beautiful older neighborhoods where guests will view some of Denver's architectural wonders. This backdrop will help to explore some of the city's best known ghost stories. Guests will learn about the Lumber Baron Inn Bed and Breakfast; the ghost of Denver's influential Madam Mattie Silks; Sassy Springer and her lovers; the ghosts of Capitol Hill and more. Although guests on this tour will be unable to visit Red Rocks Park, they will hear of the city's most notorious ghoul, the Hatchet Lady of Red Rocks—still rumored to terrorize the park to this day. (This tour includes a one-hour break for lunch. Participants should bring money for their meal).

CODE	DAY/DATE	TIME	FEE
38025-1	F 10/31	10a -3pm	\$16/\$20



THE DANIELS AND FISHER CLOCK TOWER, DENVER



Hear the story of this landmark and of those who built it to those who saved it from the Urban Renewal wrecking ball. You'll journey upstairs to see behind the mysterious clock faces, take in the breathtaking views of the city and surrounding mountains from the 20th floor Observation Deck and see the original two story spiral staircase leading up to the bell inside the belfry, hearing many Tower Tales along the way! Participants should wear comfortable shoes. After our lovely tour at the Tower, we will stop at the Rialto Café for dinner on your own. Entrée \$12-\$29. Fee includes transportation and guided tour of the Tower. Participants should be able to walk up 5 flights of stairs.

CODE	DAY/DATE	TIME	FEE
38026-1	W 11/12	2:45-7:30pm	\$21/\$26

Senior Services / Day Trips

BOULDER DINNER THEATRE - "A SECOND HELPING"



The Church Basement Ladies Sequel

Regional Premiere! It's 1969. The world is changing and the ladies of the church prepare for changes of their own below the House of God. As always, you'll laugh until your side-dish hurts, with their hilarious antics and down to earth charm from within the church basement. This is most certainly true. Fee includes transportation, ticket to show and dinner. Upgrades to dinner, drinks additional. Great seats near the stage!

CODE	DAY/DATE	TIME	FEE
38027-1	Su 11/2	11:30am-5pm	\$54/\$68

IMAX AND MUSEUM, DENVER



We will head to the Museum in Denver for some time on your own to wander around and have lunch. Then, meet at the IMAX Theatre in the Museum for the documentary film 'D Day: Normandy 1944' (3D film). June 6, 1944: The largest Allied operation of World War II began in Normandy, France. Yet, few know in detail exactly why and how this monumental event changed the course of history. This film blends stunning computer-generated images, live-action reenactments, and historic photos and film to recount this carefully planned mission. From those who lived through it to those who are hearing the story for the first time, all generations will receive a new perspective on this extraordinary moment in history. Narrated by Tom Brokaw, the film pays tribute to the millions who give their lives for freedom. A duty of memory, a duty of gratitude.

CODE	DAY/DATE	TIME	FEE
38028-1	M 11/17	10am-2:30pm	\$20/\$26

CU HOLIDAY SHOW, BOULDER



A lively program of beloved seasonal music and festive holiday decorations in Macky Auditorium inspire sold out audiences to make the Holiday Festival a favorite annual tradition. The College of Music's choirs, orchestra, ensembles, and faculty soloists puts on this wonderful program each year.

CODE	DAY/DATE	TIME	FEE
38029-1	Sa 12/6	6:30-9:45pm	\$43/\$54

HOLIDAY LIGHTS BROOMFIELD/ BOULDER AREA WITH DENVER HISTORY TOURS



Come see the glittering lights and the fanciful sights on this five-hour bus tour of the holiday season offerings around Broomfield and Boulder. We'll head into neighborhoods and into slices of color to entertain your eye. Each year is different, based on our critical reconnaissance. We will stop at Delvickio's Restaurant for dinner. Come along and let us put the holiday twinkle in your eye on this tour of the holiday lights! (Participants should bring money for their dinner)

CODE	DAY/DATE	TIME	FEE
38030-1	Tu 12/9	4:30-9:30pm	\$16/\$20



GOVERNOR'S MANSION AND LIBRARY, DENVER



Come with us on a 45-minute guided tour of the Governor's Mansion in Denver, decorated for the holidays. Then let's stop for a delicious lunch at Maggiano's Little Italy on the 16th St. Mall (lunch on your own) before we head to the Denver Public Library for a 45-minute tour of the historic branch.

CODE	DAY/DATE	TIME	FEE
38031-1	Th 12/18	10am-4pm	\$8/\$10

Senior Services / Special Events

SPECIAL EVENTS

OKTOBERFEST

BACK BY POPULAR DEMAND! Don't let this fun event pass you by! We'll enjoy bratwurst, German potato salad, and German chocolate cake for dessert. The best part to the evening is the entertainment we have lined up! We'll cap the event with live entertainment that's sure to be a hit!! Be ready for a fun and festive evening!

CODE	DAY/DATE	TIME	FEE
38043-1	Th 10/16	5:30-7pm	\$6/\$8



THANKSGIVING FEAST & ADVISORY BOARD ANNUAL MEETING

It's time for our annual feast! We supply the main dish and you bring a side dish and plate and utensils. If your last name begins with...

- A - H bring a SALAD
- I - P bring a DESSERT
- Q - Z bring a VEGGIE

NOTICE OF ANNUAL MEETING: At the start of the event is the Seniors of Louisville Advisory Board's Annual Meeting, where we will be updated on this year's accomplishments and future goals as well as vote on new board members (voting open to all Louisville residents).

CODE	DAY/DATE	TIME	FEE
38040-1 Platinum Members	W 11/19	12-1:15pm	Free
38040-2 Non-members	W 11/19	12-1:15pm	\$5/\$7

TREE OF WARMTH

Come and enjoy the wonderful holiday music presented by our own Singing Seniors and participate in the celebration as the Loving Hands Craft Group donate their beautiful handmade hats, scarves, and mittens to a local charity. Light refreshments will be provided.

Thursday, December 11, 11am

HOLIDAY CELEBRATION



Celebrate the holiday season with great food, friends, and fun at the senior center. Sign up in advance, you don't want to miss this one! We supply the main dish and side vegetable, and you bring an appetizer or dessert to share with your table.

CODE	DAY/DATE	TIME	FEE
38041-1 Platinum Members	W 12/17	12-1:15pm	Free
38041-2 Non-members	W 12/17	12-1:15pm	\$5/\$7

Senior Services WELLNESS & RESOURCE FAIR

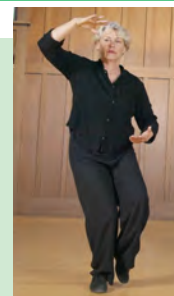


FRIDAY, OCTOBER 10, 9-11am
Louisville Recreation & Senior Center

Door Prizes · Flu Shots · Massage Resources
Housing · Transportation · Home Care · Real Estate
Fitness · Hospice · Nutrition · Support Groups ...
And More Resources!

Tai Chi Classes

Class times are carefully divided up so that students can be taught at their level. The time overlaps allow students to ease into the higher level class when they are ready. Larger group practice of Tai Chi will also increase the energy among us. Questions? contact Rebecca Tsui at rtsui11@gmail.com.



BEGINNER TAI CHI/QI GONG

Tai Chi uses our mind to lead our body and train tranquility in motion. Slowness, lightness, balance and calmness are its qualities. This is the beginning class for students who have not learned the entire Yang style 24 Posture Form. Instructor: Rebecca Tsui

CODE	DAY/DATE	TIME	FEE
38001-1	Sa 9/6-9/27	10-11:15am	\$38/\$48
38001-2	Sa 10/4-10/25	10-11:15am	\$38/\$48
38001-3	Sa 11/1-11/29*	10-11:15am	\$48/\$60
38001-4	Sa 12/6-12/27	10-11:15am	\$38/\$48
*5 week session			

INTERMEDIATE TAI CHI

This is the Tai Chi class for students who have learned the Yang style 24 Posture Form and are interested to learn new empty hand forms while improving their 24 Posture Form. Instructor: Rebecca Tsui

CODE	DAY/DATE	TIME	FEE
38004-1	Sa 9/6-9/27	9-10:15am	\$40/\$50
38004-2	Sa 10/4-10/25	9-10:15am	\$40/\$50
38004-3	Sa 11/1-11/29*	9-10:15am	\$50/\$63
38004-4	Sa 12/6-12/27	9-10:15am	\$40/\$50
*5 week session			

ADVANCED TAI CHI

Tai Chi is a lifetime learning process proven to improve our strength, balance, coordination and flexibility. This class is for students who have learned some weapon forms and are interested to learn new forms while improving the forms that have already learned. Instructor: Rebecca Tsui

CODE	DAY/DATE	TIME	FEE
38005-1	Sa 9/6-9/27	8-9:15am	\$42/\$53
38005-2	Sa 10/4-10/25	8-9:15am	\$42/\$53
38005-3	Sa 11/1-11/29*	8-9:15am	\$53/\$66
38005-4	Sa 12/6-12/27	8-9:15am	\$42/\$53
*5 week session			

DROP-IN TAI CHI PRACTICE CLASS

This is the Tai Chi class for students to practice what they have learned from the regular Tai Chi classes. All students practice the basic forms together followed by individual practice. Instructor will work with students at their skill level during individual practice. Pre-requisite: Students must also be enrolled in one of the regular Tai Chi classes. Contact the instructor for exception. Instructor: Rebecca Tsui

Tuesday 5:15 - 6:30pm Drop-in \$8 each



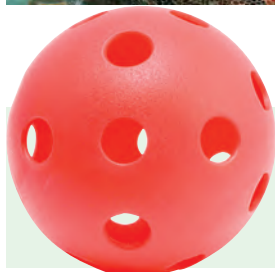
WATER AEROBICS

See page 13 for current water aerobic classes. Available at the front desk or online at www.LouisvilleRecreation.com/fitzoneupdate

BUILDING FLEXIBILITY

Building strength increases bone density and improves overall muscle strength. Stretching focuses on posture and breathing to increase flexibility. Instructor: Donna Parker

CODE	DAY/DATE	TIME	FEE
38002-1	TuTh 9/2-9/30	9:45-10:45am	\$9/\$11
38002-1	TuTh 10/2-10/30	9:45-10:45am	\$9/\$11
38002-1	TuTh 11/4-11/25	9:45-10:45am	\$7/\$9
38002-1	TuTh 12/2-12/18	9:45-10:45am	\$6/\$8



DID YOU KNOW THE RECREATION CENTER HAS DROP-IN PICKLE BALL?

Check out www.louisvillerecreation.com for the schedule. Also check out our new court at Mission Greens tennis court off Lois Court.

Senior Services /Classes

CLASSES

PAINTING

In this fun class Susannah Vandyke teaches painting and drawing in a variety of mediums. Special emphasis on composition and design. Learning to draw sharpens your brain and energizes your being.

CODE	DAY/DATE	TIME	FEE
38070-1	W 10/1-11/5	9:30am-12:30pm	\$40/\$50
38070-2	W 11/12-12/10*	9:30am-12:30pm	\$27/\$34
*No class 11/19			

AARP SMART DRIVER CLASS

AARP's newly revised half-day class is designed to sharpen driving knowledge and skills and to develop strategies that can reduce likelihood of having a crash. Learn how aging, medications, alcohol and other health-related issues affect driving ability, and ways to adjust for these changes. Learn how to drive safely when sharing the road with others. Graduates may be able to qualify for a discount on auto insurance. Cost is \$15 for AARP members, \$20 for all others, payable to AARP and accepted at class. This class is taught by AARP Volunteers.

CODE	DAY/DATE	TIME	FEE
38032-1	M 10/13	1:15-5:30pm	*\$15/\$20
38032-2	M 12/8	1:15-5:30pm	*\$15/\$20

MODIFIED YOGA

In Yoga, the ultimate goal is balance, making sure that the body and mind work in harmony. As we age, it gets more difficult to maintain a good physical balance as well as a balance between the body, mind, and spirit. This class will focus on restoring that balance through proper breathing techniques and complementing poses. All levels of fitness will be accommodated. Instructor: Tanaya Larsen

CODE	DAY/DATE	TIME	FEE
38003-1	TuTh 9/2-9/30	8:30-9:30am	\$27/\$34
38003-2*	TuTh 10/2-10/30	8:30-9:30am	\$27/\$34
38003-3*	TuTh 11/4-11/25	8:30-9:30am	\$21/\$26
38003-4*	TuTh 12/2-12/18	8:30-9:30am	\$18/\$23
\$4 drop-in fee on a space available basis.			

A MATTER OF BALANCE

Are you afraid of falling? Have you stopped doing the things you enjoy? Join 'A Matter of Balance' and learn ways to decrease your fear, increase your activity levels and make changes to reduce your risk of falling. This eight-week program is sponsored by Boulder County's Area Agency on Aging. It is free to Boulder County residents 60 and over, and adults with disabilities. However, donations to help cover expenses are appreciated. Class size is limited. To register call 303-441-3599 or email mpruitt@bouldercounty.org.

DAY/DATE	TIME	FEE
Th 10/2-11/20	1:30 – 3:30 pm	Donation

LINE DANCE FOR BEGINNERS

Come, see how line dancing is a fun form of exercise. Learn the basics of traditional line dances and before you know it, you'll know some moves and have a great time! Instructor: Judy Yamakishi

CODE	DAY/DATE	TIME	FEE
38006-1	M 9/8-9/29	11am-12pm	\$16/\$20
38006-2	M 10/6-10/27	11am-12pm	\$16/\$20
38006-3	M 11/3-11/24	11am-12pm	\$16/\$20
38006-4	M 12/1-12/22	11am-12pm	\$16/\$20

STORIES FROM YOUR LIFE

If you have life stories to tell but don't know where to start, this workshop is for you. We'll meet to do exercises and respond to writing prompts that evoke memories and spark creative energy. We'll also share our writing in a safe and supportive environment. In between meetings, we'll complete manageable writing assignments to help us advance our individual projects. Create a legacy! No prerequisites, no lectures, no red pencils. Led by local resident, Lyla Hamilton.

CODE	DAY/DATE	TIME	FEE
38011-1	M 9/8,9/22,10/13,10/27, 11/10,12/1	1-3pm	\$18/\$23

CONTINUING STORIES FROM YOUR LIFE

Continuation of Writing Stories from Your Life. Also appropriate for others with experience writing creative nonfiction. Discussion format throughout. Participants should bring 1-4 pages of their current life-story writing to share during the first session. Led by Lyla Hamilton.

CODE	DAY/DATE	TIME	FEE
38011-2	M 9/15, 10/20, 11/17, 12/8	1-3pm	\$12/\$15

Senior Services / Classes

INTRO TO COMPUTERS (BEGINNER)

Connect to the world through the computer! Learn how to use a computer to email friends and family by learning how to set up and use a free account safely! Discover how to find all sorts of information on the Internet.

CODE	DAY/DATE	TIME	FEE
38033-1	Tu 9/9-9/30	1-2:30pm	\$35/\$43
38033-2	Tu 10/7-10/28	1-2:30pm	\$35/\$43
38033-3	Tu 11/4-11/25	1-2:30pm	\$35/\$43

IMPROVE YOUR COMPUTER SKILLS (ADVANCED BEGINNER)

Are you already comfortable with sending emails and searching the Internet? Learn tips on how to make your computer easier to use. Get answers to "Why does my computer do that – when I do this?." Learn the basics of Word Processing and Spreadsheets. This class is suitable for advanced beginners. Instructed by: Marcy Egges with Computer House Calls. Bring your laptop if you've got one. (Windows based class).

CODE	DAY/DATE	TIME	FEE
38034-1	F 9/5-9/26	1-2:30pm	\$35/\$43
38034-2	F 10/3-10/24	1-2:30pm	\$35/\$43
38034-3	F 10/31-11/21	1-2:30pm	\$35/\$43

GRANDPARENTS CARING FOR GRANDCHILDREN

This seminar is offered to grandparents who are eager to help out with a new baby or young children, but who quickly discover that their experience doesn't always transfer to a new generation. Caring for a child now comes with many rules that didn't exist when you were caring for your own children. Besides learning about the latest rules on crib and car safety, you will also learn about the new dangers for children that come with modern technology, such as television tip-overs, etc. Dr. Robert Bucknam, with Cornerstone Pediatric Associates here in Louisville, is our guest speaker for this presentation. Dr. Bucknam has been in practice since 1992. Childcare is available by reservation only. Call 303-335-4919 by October 24. No fee.

CODE	DAY/DATE	TIME	FEE
38035-1	Tu 10/28	1-2 pm	Free

GLUTEN FREE HOLIDAY COOKIE

EXCHANGE AND HEALTHY BAKING CLASS

All of your holiday baking done for you! Bring one batch of gluten free cookies to share and leave with a wide variety of delicious cookies for the holidays! Pam will talk about gluten free, allergen free, healthy baking tips while you enjoy a cookie or two or three! Pam will also talk about how reducing gluten in your diet can reduce your risk of heart disease, diabetes, cancer, Alzheimer's, Parkinson's, autoimmune disease and more! She'll also share with you the secret to losing your BELLY FAT and helping IMPROVE BRAIN FUNCTION AND REDUCE BRAIN FOG!! Instructor: Pam Vagnieres.

CODE	DAY/DATE	TIME	FEE
38012-1	W 11/12	6-7:15 pm	\$25/\$31

RESOURCE TALKS

These presentations are scheduled as part of the lunch program from 12:10–12:30pm in the Brooks Café. If you would like lunch, make your reservation the day before, by 1:30pm, by calling 303-335-4931. Suggested donation is \$3 for 60+; \$6.25 fee for under 60. If you do not wish to eat lunch, you are welcome to attend the presentation at 12:10 pm. No registration is necessary.

PROPER FOOTWEAR *Wed., September 24*

As part of Falls Prevention Week, join Jerry Siravo, Medical Exercise Specialist, with AWay of Life Fitness, for this lunch time talk on the proper types of footwear for your exercise program. Learn how to prevent injuries and achieve the most benefit from walking and other forms of exercise.

EMERGENCY PREPAREDNESS *Tue., October 7*

Officer Alex Ragulsky will discuss safety tips and ways to protect yourself during an emergency as well as everyday life.

HOUSING & COMMUNITY

EDUCATION *Wed., November 5*

Andy Coco, from Boulder County Housing and Human Services will provide information on services available through the county.

MENTAL HEALTH PROGRAMS *Wed., December 3*

Learn some helpful strategies for coping with the stress of the holidays.

Senior Services / Resources

RESOURCES



www.bouldercountyhelp.org
(303) 441-1617

Includes information about food, housing, health issues, in-home care, and other useful information.

Email: infoARCH@bouldercounty.org

MEDICARE / SOCIAL SECURITY

Medicare – www.medicare.gov or 1-800-633-4227

Social Security – <http://ssa.gov/> or 1-800-772-1213

Boulder office hours: 9a.m.- 3:30 p.m. Monday – Friday
4949 Pearl East Circle, Suite 101

MEDICARE BASICS

Learn about the benefits, costs, and choices under Medicare. Classes are conducted by a Medicare Counselor through Boulder County Area Agency on Aging. This class is an excellent way to see just how Medicare works and what is the best plan for you.

CODE	DAY/DATE	TIME	FEE
38016-1	W 9/17	1:30-3:30pm	Free
38016-2	W12/3	1:30-3:30pm	Free

MEDICARE PART D OPEN ENROLLMENT COUNSELING

Medicare Users: Can you save money by changing your drug or health plan? This Medicare Open Enrollment Period for changing plans is from October 15 to December 7. Make an appointment now for your free, unbiased health insurance plan comparison with a Boulder County Medicare Counselor. **Appointments are available on Wednesdays, Oct. 29, Nov. 12, and Dec. 3, from 9 am – 2 pm. Call 303-666-7400 to schedule your appointment.** There are no drop-in appointments.

MEDICARE COUNSELING

Through Boulder County Area Agency on Aging; provides objective information and assistance regarding Medicare benefits, HMO's, supplemental policies, and rights and appeals. For assistance or to schedule an appointment, call 303-441-1546.

FINANCIAL ASSISTANCE

SENIOR ASSISTANCE PROGRAM through the City of Louisville.

Louisville Senior Services, in partnership with the Seniors of Louisville Advisory Board and Boulder Area Agency on Aging, offers a program which provides financial assistance with:

- **Xcel Energy bills**
- **Activity Scholarships**
- **Emergencies as deemed appropriate by Senior Services staff.**

Eligibility criteria is:

- **Louisville resident (residing in home year round) for over one year**
- **Minimum age of 60 at the time of application**
- **Annual household income of less than \$25,000 - individual and \$30,000 – joint**

For an application, call 303-335-4919 or visit www.LouisvilleSeniorServices.com

VETERANS' SERVICES

Assistance with benefits, insurance, home care, widow's benefits, medical claims, and other concerns - 303-441-3890.

COLORADO PROPERTY TAX/RENT/HEAT REBATE (PTC REBATE)

Available to full-year CO residents, age 65 or older, or a surviving spouse age 58 or older or disabled – regardless of age. The actual rebate total is based on applicants' income and expenses. CO residents who meet the requirement for the rebate should submit the rebate application, Form 104 PTC, available at the Colorado Department of Revenue Division of Taxation website.

TAX WORK-OFF

Program Applications are due June 15 for Boulder County property owners age 60 and over to work for county departments to earn a portion of their property taxes. Call 303-441-3500 for an application or information.

Senior Services / Resources

PROPERTY TAX EXEMPTION

The Colorado Constitution establishes a property tax exemption for qualifying senior citizens, surviving spouses of senior citizens who previously qualified, and for disabled veterans. For those who qualify, 50 percent of the first \$200,000 in actual value of their primary residence is exempted, for a maximum exemption amount of \$100,000 in actual value. Senior exemption applications must be filed no later than July 15th to have the exemption apply to your tax bill the following year. Application forms are available at Boulder County Assessor website at www.bouldercounty.org/dept/assessor/pages/seniors.aspx or you can call 303-441-3530. The filing deadline for the veteran exemption with the Department of Veteran Affairs is July 1st, 303-284-6077.

TAX DEFERRAL PROGRAM

The senior tax deferral program is offered by the State of Colorado. It allows you to postpone your tax payments until you sell your property, or your estate is settled after your death. Interest is applied to the amount you defer. You can defer either the whole amount of your taxes, or half your taxes. The Boulder County Treasurer's Office collects the information and sends it to the State of Colorado who manages the program, makes all the decisions, and then notifies the county treasurers who has been approved or disapproved. Call the Boulder County Treasurer's office 303-441-3520 for more information and an application.

LEGAL SERVICES

BOULDER COUNTY LEGAL AID - Boulder County Legal Services is available to assist those Boulder County residents 60+ with legal issues. For appointments, call 303-449-7575 or visit their website at www.ColoradoLegalServices.org.

BOULDER COUNTY DISTRICT ATTORNEY'S COMMUNITY PROTECTION DIVISION - The Community Protection Division investigates and pursues complaints on behalf of consumers, and also takes a lead role in prosecuting cases involving abuse or exploitation of vulnerable members of the community. Call 303-441-1700.

BOULDER COUNTY BAR ASSOCIATION - The Boulder County Bar Association can provide referrals to attorneys who practice in specific areas. They have developed a list of attorneys who will provide lower cost assistance. Call: 303-440-4758

ROCKY MOUNTAIN LEGAL CENTER - Opened in 2010, Rocky Mountain Legal Center is a non-profit community service organization with a primary mission of providing free or low-cost (starting at \$30/hr.) civil legal representation, mediation, and counseling services to qualifying low-income families, single parents, and seniors. Call: 720-242-8642

METROPOLITAN LAWYER REFERRAL SERVICE - A non-profit referral service sponsored by the Bar Associations of Denver, Aurora, Adams, Arapahoe, Boulder, Jefferson and Larimer counties. It provides a 30-minute consultation with an attorney for a pre-paid fee of \$75. Fees for additional legal services after the first 30 minutes are arranged between you and the attorney. Call: 303-831-8000.

FINANCIAL EXPLOITATION - Report this to Boulder County Adult Protection at 303-441-1000.

VICTIM OF A SCAM OR FRAUD - If you feel you are a victim, call Boulder County District Attorney Community Protection Division, 303-441-1700.

ELDER ABUSE - Boulder County's Adult Protection Unit responds to reports of physical, emotional, financial, sexual abuse, neglect and self-neglect. Call 303-441-1000.

HOUSING

AFFORDABLE AND SUBSIDIZED HOUSING -

Boulder County Housing Authority,
303-441-3929, www.co.boulder.co.us

Boulder Housing Partners,
720-564-4610, www.boulderhousing.org

Longmont Housing Authority,
303-651-8581, www.longmontha.com

Thistle Communities,
303-443-0007, www.thistlecommunities.org

LONGS PEAK ENERGY CONSERVATION

Provides improvements to safety, energy efficiency, comfort and general repair of the homes of eligible clients through a variety of different programs. Programs include Energy Conservation / Weatherization, Housing Rehabilitation, and Neighborhood Energy Sweeps. For more information, call 720-864-6401, www.longspeakenergy.org.

Senior Services / Resources

BOULDER COUNTY HOUSING & HUMAN SERVICES



Housing and Human Services offers a variety of programs, including Food Assistance, Medicare Savings, Old Age Pension and Long Term Nursing

Home Care. All programs are based on income eligibility and may include a review of assets. For information and applications, please call 303-441-1000.

PROGRAMS ADMINISTERED BY BOULDER COUNTY HOUSING & HUMAN SERVICES 303-441-1000

LOW-INCOME ENERGY ASSISTANCE PROGRAM (LEAP):

Assistance with heating bills. Boulder County Housing & Human Services staff will be at the center on **Wednesday, Nov. 5, 9 – 11am** to assist anyone interested in this program. No appointment necessary. First come-first served.

Winter Heating Assistance Available Nov 1, 2014 through April 30, 2015.

Boulder County's Department of Housing and Human Services', Low-Income Energy Assistance Program (LEAP), will begin accepting applications November 1, 2014. Maximum monthly income guidelines are 150% of the Federal Poverty Level. Applications are available at the Louisville Senior Center or for further information and an application please call 1-866-HEAT-HELP (1-866-432-8435).

OLD AGE PENSION INCOME & MEDICAID: Income under \$721, assets below \$2,000 (couple: income \$1,450, assets \$3,000). Age 60+, CO resident. Spouses qualify separately.

SSI INCOME & MEDICAID: Income under \$721, assets below \$2,000 (couple \$1,082, assets below \$3,000). Age 65+, blind, or disabled.

FOOD ASSISTANCE (FOOD STAMPS): Age 60+ or 18+ with a disability, gross income under \$1,245 (couple \$1,681).

LONG TERM CARE: In-home and nursing home. Age 65+ or disabled. Income of \$2,163 or less, or set up an income trust. Must meet functional ability requirements.

EDUCATION AND SKILLS BUILDING: The Housing & Community Education Programming's mission is to provide our community with innovative (and fun!) educational opportunities to grow individuals and families toward a brighter future. Through free individual counseling and group workshops, we aim to help you build your skills, knowledge base, and confidence level to achieve the life you want, specifically in the areas of money management, housing and employment. We believe that by setting goals that align with your core values, everyone can turn a vision into a reality and experience success. For more information, see www.bouldercountyhc.org

RECYCLING

EYEGLASSES

Drop your used eyeglasses in the Lions' Club recycling bin, located in the lobby.

AT HOME SERVICES

FIX-IT HANDY SERVICES

Boulder County Care Connect offers volunteer-powered minor home repair services, such as grab bar installation, leaky faucets, minor plumbing repairs, hanging mirrors and pictures, weather stripping doors, smoke alarm installation/detectors, changing light bulbs, and much more. Call 303-443-1933 for more information.

BOOKS ON WHEELS

The Louisville Public Library offers a service delivering books to homebound individuals. For more information, call 303-335-4805.

YARDBUSTERS

Volunteers help with occasional lawn mowing, gardening, shrub-trimming, raking, and general yard cleanup. Call Boulder County Care Connect at 303-443-1933.

MEDICAL EQUIPMENT LOANS

For those in need of a short-term loan of walkers, shower benches, crutches, or wheelchairs. Suggested donation: \$10 resident/\$15 non-resident. Call 303-335-4919 for more information.



SNOWBUSTERS

Assistance with basic snow removal. Must meet eligibility criteria. For more information, call

303-335-4919

NUTRITION

BROOKS CAFÉ (see page 56). Lunch is served at noon at the Louisville Recreation/Senior Center. Free Bread Wednesday mornings at 11 am, donated by Panera Bread in Superior. This program is a partnership to provide a portion of basic nutrition for those in greatest need. Limit one grocery bag per household. Bring your own bag.

NUTRITIONAL COUNSELING

Eating well contributes to better health and in preventing and managing chronic conditions. To give you the support you need, up to two free nutrition counseling sessions are available to you if you are an older adult (60+ years) or are a family caregiver for an older adult.

Please call the Boulder County Older Adult Nutrition Line at 303-678-6115 and leave your name and phone number. You will soon be contacted by a Registered Dietitian to schedule an appointment.

Nutrition Counseling is brought to you by Boulder County Area Agency on Aging and Boulder Nutrition and Exercise. Free, but donations are welcome!

CARRY OUT CARAVAN

Grocery and delivery service for homebound seniors. Call Boulder County Care Connect at 303-443-1933

COMMUNITY FOOD SHARE

Emergency food boxes available from warehouse in Louisville. Call 303-652-3663 for more information.

COMMUNITY FOOD SHARE ELDER SHARE PROGRAM:

Supplemental groceries twice monthly to qualifying low income, 60 + senior. Call 303-652-1307.

LOUISVILLE COMMUNITY FOOD BANK

At United Methodist Church, 741 Jefferson. Hours: Tuesday - Thursday, 8am – 4pm. Call 303-666-8812.

COAL CREEK MEALS ON WHEELS

Hot lunch delivery services to homebound seniors. Monday – Friday. Cost is on a sliding scale. Call 303-665-0566.

SISTER CARMEN COMMUNITY CENTER FOOD BANK

655 Aspen Ridge Dr., Lafayette. Residents of Louisville may receive emergency food assistance up to 12 times in a calendar year. 303-665-4342.

TEFAP: TEMPORARY EMERGENCY FOOD ASSISTANCE

program at the United Methodist Church Monday - Friday, 9am-12 noon. For more information, call 303-666-8812.

CAREGIVING

TRAINING COURSES FOR FAMILY CAREGIVERS

Boulder County Area Agency on Aging offers two training programs for family caregivers of older adults, each held four times per year.

The National Caregiver Training Program is a 21-hour course, held over seven weeks, that helps family caregivers acquire the skills needed to provide safe, confident home care for older loved ones. Taught by a nurse, the course provides detailed instruction, demonstration, and hands-on practice in a fun, no-pressure setting. It will be held on Wednesdays, Oct. 8 - Nov. 19, 1:30-4:30pm in Boulder.

Powerful Tools for Caregivers is a 15-hour course, held over six weeks, that gives family caregivers “tools” to ensure they take care of themselves while caring for others. Taught by trained leaders, the course helps caregivers learn to reduce stress, improve self-confidence, communicate their feelings, and more. It will be held on Thursdays, Oct. 16 - Nov. 20, 1:30-4:30pm in Boulder.

Both courses are open to Boulder County residents caring for a relative, partner, or friend who is 60 or over, or of any age if the person has dementia. There is no charge, but donations are appreciated. Financial assistance for respite care (substitute elder care) during class periods is available. For more information or to register, call 303-678-6116 or email InfoCaregiver@bouldercounty.org.

MENTAL HEALTH SERVICES

Through Mental Health Partners at 303-443-8500

- Peer Counseling
- Senior Reach
- Support Groups
- Older Adult Specialized Services Team

RESPIRE ASSISTANCE

RESPIRE ASSISTANCE FOR CAREGIVERS

Call 303-335-4919 for details and qualification information to access financial assistance to pay for care.

RESPIRE & COMPANION VOLUNTEER PROGRAM

Trained and screened volunteers are matched with older adults who live alone or with a family caregiver. Volunteers provide respite, a friendly visit, and a caring connection. Call 303-335-4919 to find out more about requesting a volunteer or becoming one.

Senior Services/Resources

LONG TERM CARE

LONG TERM CARE OMBUDSMAN

Help and information for residents of nursing homes and personal care facilities and their families to address concerns, compare facilities, and resolve problems. Call 303-441-1173 for details.

EMPLOYMENT

WORKFORCE BOULDER COUNTY provides job seekers a Computer Resource Center, Career Counseling, Career Development Workshops, and self-directed training. The Boulder office is located at 2520 55th St., Suite 101. Call 303-301-2900 for more information.

SUPPORT GROUPS

AT THE LOUISVILLE SENIOR CENTER

ALZHEIMER'S CAREGIVERS,

2nd Thursdays monthly, Sept. 11, Oct. 9, Nov. 13, Dec. 11, 6-7:30 pm. This group is composed of trained facilitators from the Alzheimer's Association and other caregivers who care for people with Alzheimer's Disease. Please call Katie Kerns, 970-390-6723, 1-800-272-3900 or katiekerns@yahoo.com for more information.

ALZHEIMER'S ASSOCIATION EARLY STAGE DEMENTIA SUPPORT

4th Mondays monthly, Sept. 22, Oct. 27, Nov. 24, Dec. 22, 10-11:30am Two support groups meet simultaneously - one for persons with the diagnosis and the other for their care partners. Call Sharon Stokes at 303-813-1669 for information.

DIABETES EDUCATION AND SUPPORT GROUP

2nd Mondays, Sept. 8, Oct. 13, Nov. 10, no meeting in Dec., 11am -12pm. Learn how to manage your diabetes in a fun and supportive environment! The group, facilitated by a Registered Dietitian, is proven to be an effective way to understand the latest information about diabetes treatment and care. This is also a supportive community of others that share your experience.

To receive the Diabetes Education and Support Group list of topics, please call 303-441-4995.

The Diabetes Education and Support Group is brought to you by Boulder County Area Agency on Aging and Boulder Nutrition and Exercise. Free, but donations are welcome!

OTHER SUPPORT GROUPS

IN THE LOUISVILLE AREA: If you are interested in a support group that is not listed, please call 303-335-4919 for assistance.

LOW VISION SUPPORT GROUP

for 55+, their family members, and friends. 4th Friday, 1 - 2 pm at the Lodge at Balfour/Library, 1131 Hecla Drive. For more information, contact Beth Gustin at Center for People with Disabilities, 720-308-3087.

RAINBOW ELDERS OF BOULDER COUNTY



Provides connection for gay, lesbian, bisexual and transgender people aged 55+.

Sponsored by the Boulder County Area Agency on Aging. For further information, contact infoLGBTelders@bouldercounty.org or 303-441-3583.

EGSMC STROKE SUPPORT GROUP

for those who have recovered from a stroke. The group is a great resource for information and encouragement. They provide support, help you problem solve, learn about stroke and recovery issues, help you find local resources, or just have fun. **2nd & 4th Thursdays, 10 – 11 a.m.** at the Exempla Good Samaritan Conference Center in Lafayette. For more information, call 303-689-4000.

TRANSPORTATION

Learn how to access local and regional transportation services and mobility options through a free telephone consultation with a mobility specialist from Via. Call 303-447-2848, ext. 1047.



VIA MOBILITY SERVICES is a full-spectrum mobility manager providing accessible on-demand transportation, individual and group travel training and mobility options information and referral for older adults, people with

disabilities, low-income individuals and others living with mobility limitations.

Via's on-demand transportation program provides a dedicated vehicle in Louisville Monday through Friday from 7:30 a.m. to 5 p.m. for any trip purpose within the community. Trips are also available to Lafayette and Superior Monday through Friday.

Via's on-demand transportation program also provides service to Louisville residents to travel to Boulder on Wednesdays and Fridays and to Longmont on Tuesdays on a space available basis. Ride requests may be made up to seven days in advance.

To get started with any of Via's services or to find out more information, please call 303-447-2848 and ask to speak with one of our mobility specialists.

Via is a private, nonprofit organization dedicated to promoting independence and self-sufficiency for people living with mobility limitations. www.viacolorado.org.

MEDICAL MOBILITY Volunteer-escorted rides to medical appointments. Call Boulder County Care Connect at 303-443-1933 to schedule your ride.

CALL-N-RIDE/LOUISVILLE The RTD Call-in-Ride is a curb to curb transportation service that takes you anywhere in Louisville. Call 303-434-8960 for more information on schedules, fares, and to make your appointment.

VOLUNTEER OPPORTUNITIES

RSVP – RETIRED SENIOR VOLUNTEER PROGRAM, coordinated through Boulder County Care Connect. Join a diverse and talented team of volunteers who are making this community safe and comfortable for seniors and adults with disabilities. Volunteers are needed for: **Medical Mobility**, transportation to and from medical appointments; **Carry-Out Caravan**, grocery shop, deliver groceries, or take call-in orders; **Fix-It**, minor home repairs; & **YardBusters**, yard cleanup. For more information, call 303-443-1933.

SENIOR PEER COUNSELING is a peer to peer volunteer program offering individual and group support to adults over 60 living in Boulder County. Peer counselors participate in an eight week training and on going supervision. Peer counselors are warm and caring men and women with a special ability to listen and care and a desire to help others. Contact Helen Balis LCSW at 720-406-3661.

RESPITE AND COMPANION VOLUNTEER PROGRAM: HELP NEEDED!

The Boulder County Respite and Companion Volunteer Program is seeking volunteers to visit older adults who are experiencing isolation or some form of compromised health. Volunteers provide companionship for about two hours a week to an older adult (60 years and over) that lives alone or with a family caregiver. For further information, please contact Katie Wade at 303.441.1543 or inforespite@bouldercounty.org.

VOLUNTEER TO BE A SNOWBUSTER

Volunteers are needed to shovel snow this winter for seniors in our community. If you are interested, email dianee@louisvilleco.gov or call 303-335-4919

Senior Services/Drop-In Activities

HEALTH & WELLNESS

FOOT CARE

Foot and toenail care is provided by registered nurses from SummerCares, with advanced training in foot care. Includes assessment, foot soak, nails trimmed, callous care, and short foot massage. Perfect for those with diabetes or other foot care needs.

2nd and 4th Thursday afternoon of each month

Call Summer Cares, LLC to schedule your appointment and further information, # 303-651-5224

FEE: 1st visit and assessment \$45; Follow up Visit \$35

MASSAGE THERAPY

Treat yourself and release muscle tension with a relaxing massage. Therapist: Lowell Aird.

Appointments are available Fridays. Cost is \$8.50 for 15 minutes and \$17 for 30 minutes. To schedule, call (303) 666-7400. *Payment due to therapist at time of service. No shows will be subject to a fee.*

FOOT REFLEXOLOGY

A type of massage that calms the nervous system, promotes relaxation and increases circulation. Reflexologist: Jean Hoefling.

Appointments available Fridays, 11am-3:30pm. Cost is \$18/Seniors for a 30 minute session Non-seniors \$23. To schedule, call (303) 666-7400. *Payment due to therapist at time of service. No shows will be subject to a fee.*

BOOK CLUB

Meets the 4th Tuesday of each month at 1pm

Join us for this fun and informal group. Book titles listed each month, but if you haven't read the book in time that's ok too!

Sept 23: Pandora's Lunchbox
by Melanie Warner

Oct 28: Orphan Train
by Christina Baker Kline

Nov 25: House Girl by Tara Conklin
NO BOOK CLUB IN DECEMBER

WEEKLY CLUBS/EVENTS

BILLIARDS

Monday – Friday, Facility Hours

***No Billiards 11:30am -1pm M-F**

BRIDGE

Mondays and Thursdays, 1–4pm

CHESS CLUB

Mondays, 1-5pm

Do you enjoy a good game of strategy? Come play chess with like minded individuals at the Senior Center.

COMPUTER LAB

Monday – Friday, 9am–4pm

TAP DANCING

Thursday, 2-3:30pm

LINE DANCING

Wednesdays, 1-2:30pm

(Intermediate)

Platinum membership covers Line Dance or Drop-in for \$4 each week.

BOOMERS/NEW TO RETIREMENT?

If you are interested in meeting other people in the same chapter in life, this social group meets monthly at local restaurants. Join them for friendly conversation and laughter. Email Katie Beasley at katieb@louisvilleco.gov or call 303-335-4914 for more information.

LOVING HANDS CRAFT GROUP (FORMERLY LAP ROBES)

Thursdays, 9:30-11am

For those interested in knitting, crocheting, sewing, needlework, quilting, fiber arts, embroidery, and other crafts. Our group donates to many community service projects throughout the year, including Tree of Warmth, Head Huggers, Skilled Care facilities, and more. We are in special need of help with sewing and finishing quilts. We accept fabric and yarn donations.

REMINDER: Platinum members enjoy drop-in activities free of charge.

****unless otherwise noted***

FALLS PREVENTION WEEK

SEPTEMBER 22 - 26

Falls in older adults are common. More than one-third of older adults living in the community fall at least once a year, resulting in broken bones, cuts, head injuries, and visits to the emergency room or the hospital. Many older adults stop going out and doing things they enjoy because they are worried about falling and getting hurt. Is that you?

Join in the county-wide effort to stop falls by attending these classes and more offered throughout the county during this week.

MODIFIED YOGA

This class will focus on restoring balance through proper breathing techniques and complementing poses. All levels of fitness will be accommodated.

Instructor: Tanaya

CODE	DAY/DATE	TIME	FEE
38112-1	T 9/23	8:30-9:30 am	\$4 yoga drop-in fee (payable at the front desk that day)

ZUMBA GOLD

A Latin dance-fitness class featuring fun, easy-to-follow and modified, low-impact moves for people who want to move at a slower pace. Great for balance and coordination.

Instructor: Anastasia

CODE	DAY/DATE	TIME	FEE
38112-2	W 9/24	8-9 am	\$4 daily admission (payable at the front desk that day)

PROPER FOOTWEAR

Join Jerry Siravo, Medical Exercise Specialist, with A Way of Life Fitness, for this lunch time talk on the proper types of footwear for your exercise program. Learn how to prevent injuries and achieve the most benefit from walking and other forms of exercise. Join us for lunch that day beginning at noon, by making a reservation at 303-335-4931 by 1:30 on Tuesday, 9/23. Suggested donation for lunch is \$3 (60+); under 60 cost is \$6.25. Having lunch is not required to come.

CODE	DAY/DATE	TIME	FEE
38112-3	W 9/24	12:10-12:30 pm	Free

SILVER SNEAKERS CARDIO FIT

This class offers a safe and effective low-impact cardiovascular workout. A variety of easy-to-follow movements promotes balance, coordination, and total-body conditioning to increase cardiovascular and muscular endurance.

Instructor: Donna

CODE	DAY/DATE	TIME	FEE
38112-4	Th 9/25	1:30-2:30 pm	\$4 daily admission (payable at the front desk that day)





GREAT FRIENDS ★ GREAT FOOD ★ GREAT FUN

Join us for a wonderful lunch at noon, Monday through Friday in Louisville's Senior Center at Brooks Café. Did you know that we are in the same building as the Recreation Center? Work out and stay for lunch! Reservations required. See below for more information

BROOKS CAFÉ REGULAR HAPPENINGS

LUNCH Served promptly at noon, Monday through Friday. Menus available online, or stop by for a copy!

BIRTHDAY PARTY Celebrating the month's birthdays! Join us for lunch and birthday cupcake. If it's your birthday that month, we'll take care of the donation fee on the following dates: **Sept. 25, Oct. 23, Nov. 20, Dec. 18**

LATTE DAY Join us for conversation and flavored lattes or hot chocolate every Friday in the senior lobby. Meet old friends and make new ones! Open from 10:45 - 11:45am.

LUNCH 'N LEARN

Our Registered Dietician, Candace Johnson gives a short presentation on the latest topics during lunch.

Sept. 10 Fall Prevention & Emergency Planning

Oct. 15 Dental Health

Nov. 12 Diabetes

Dec. 10 Calories, Exercise & Weight:
Issues for Senior Weight Loss

NEED A RIDE?

Call Via at (303) 447-9636. \$2 fare each way.

BROOKS CAFÉ SPECIAL EVENTS

Sept. 1 Labor Day - CLOSED

Oct. 31 Halloween - Wear your costume!

Nov. 3 Daylight Savings Time Ends

Nov. 11 Veterans' Day

Nov. 19 Annual Thanksgiving Feast

Nov. 27-28 CLOSED for Thanksgiving

Dec. 17 Holiday Luncheon

Dec. 24-26 CLOSED for Christmas

Dec. 31 CLOSED for New Year's Eve

NUTRITIONAL COUNSELING - SEE PAGE 51 FOR MORE INFORMATION

Reservations required. Call Angie to make your reservations by 1:30 p.m. one business day in advance at (303) 335-4931 or email at BrooksCafe@louisvilleco.gov. Suggested donation for 60+: \$3, beverages are included. For 59 and under, cost is \$6.25. Low gluten, chef salad, chicken breast salad, vegetarian salad or hot vegetarian option available upon advanced request.

For reservations call **303-335-4931** *or email* **BrooksCafe@louisvilleco.gov**

ONLINE REGISTRATION

Online registration will have first priority for class registration. You need a user name and password to register online. If you have registered with our center in the past for any class or pass, we have set up an account and login for you. Visit our website at www.louisvillerecreation.com to register your household for a WebTrac account. Please allow up to two business days to receive your account information. Please call the front desk at 303-666-7400 to obtain the needed information to login if you have forgotten the login or password.

Online Resident registration begins August 11 at 8am
Online Non-Resident registration begins August 18 at 8am

The first 2 days of registration will be online only.

MAIL-IN / DROP OFF

You may pay by Check, Visa, Mastercard, Discover, American Express, cash or household credit. Mail or drop off completed registration forms and payment to:
Louisville Recreation Center, 900 W. Via Appia, Louisville, CO 80027.

WALK-IN

Begins Wed., August 11 resident, Wed., August 18 non-resident.

WHEN CANCELLING FROM PROGRAMS

- Transfer to another class, or another session.
- Receive a household credit, valid for any other program offered through the Department of Parks and Recreation. **There is a \$5 service charge per class for cancellations with a 7 day notice.** No refunds for cancellation with less than 7 days notice.
- Receive a credit to a credit card
- Receive a refund by check, mailed directly to your home within 4-6 weeks.
- Summer Day Camp and Pre-school cancellation fees differ. See those activities for specifics.

Please see preschool handbooks for specific cancellation policies for the state licensed program.

Post Office Boxes All households that have a P.O. Box as an address will be considered non-residents unless proof of Louisville residency is attached to the registration form (water bill, lease agreement)

AUGUST 2014 – REGISTRATION CALENDAR

Sun	Mon	Tues	Wed	Thur	Fri	Sat
	11 Resident Online	12 Resident Online	13 Resident Online or Walk-In	14 Resident Online or Walk-In	15 Resident Online or Walk-In	16 Resident Online or Walk-In
17 Resident Online or Walk-In	18 Non-Res Online Resident Online or Walk-In	19 Non-Res Online Resident Online or Walk-In	20 Walk in Begins Non-Res Resident Online or Walk-In	21	22	23

IMPORTANT INFORMATION

- The City of Louisville reserves the right to cancel or combine classes with insufficient registration. If a class is cancelled, you will be notified prior to the first class and will receive a full refund, credit or transfer to another class.
- Please note class age restrictions. Many classes are not suitable for students outside the designated age range. Participants outside the specific age group will not be accepted into class.

HOLIDAY HOURS

Maintenance Closure	Aug. 20-27	Closed
Labor Day	Sept. 1	Closed
Thanksgiving	Nov. 27	Closed
Christmas Eve	Dec. 24	Closed at 12
Christmas Day	Dec. 25	Closed



The Louisville Recreation Center will be

**CLOSED FOR MAINTENANCE
WEDS. 8/20 - WEDS. 8/27**

During this time we will be doing much needed maintenance to the facility.

The steam room and sauna will be undergoing an extensive renovation to make those facilities ADA compliant. This project will begin Aug. 20 and will last approximately two weeks. Please check our website for more information or call the front desk for an exact opening date.

Louisville Recreation Center monthly passes can be used at Bob L. Burger Recreation Center during the facility closure period. Punch passes will not be valid at the Lafayette center. An issued Louisville Recreation Center pass must be presented for valid admission. Daily visit fee will apply if a Louisville ID card is not presented.

Information about Bob L. Burger Recreation Center can be found at www.cityoflafayette.com or call 303-665-0469



Registration

FIRST PARTICIPANT (please print)

Parent/Guardian Last Name _____ First Name _____
Participant's Last Name _____ First Name _____
Email Address _____ Male/Female _____ Date of Birth ____/____/____ Age _____ Grade (14/15) _____
Address _____ City/Zip _____
Home Phone _____ Cell Phone _____ Emergency Phone _____

CLASS CODE	SESSION NO.	DAY/DATES	TIME	CLASS TITLE	FEE	ALT. CLASS CODE
						SUBTOTAL

SECOND PARTICIPANT (please print)

Participant's Last Name _____ First Name _____
Male/Female _____ Date of Birth ____/____/____ Age _____ Grade (14/15) _____

CLASS CODE	SESSION NO.	DAY/DATES	TIME	CLASS TITLE	FEE	ALT. CLASS CODE
						SUBTOTAL

Refunds must be requested one week before classes start. Cancellations after that time will result in 100% class fee surcharge. Please choose classes carefully! A service charge of \$5 per class will be assessed on all cancellations, unless cancellations are due to low enrollment.

YOUTH SPORTS INFORMATION: What are your preference practice days (We do not guarantee) M T W TH F
Would you like to be a coach for this sport? YES NO

For team selection purposes, please let us know what school your children attends:

Name _____
School _____

Name _____
School _____

Consent for Publicity and Cancellation Advisement: I authorize and consent to the publication, whether by television, newsprint, written advertisements, website or internet posting or otherwise, of all or any portion of participant's name and any picture or image of participant taken in connection engaging in or spectating at any activity of the Louisville Parks and Recreation Department.

I acknowledge there is a \$5 cancellation fee for each program for cancellations with a 7 days' notice. No refunds for cancellations with less than 7 days notice. Summer and Pre-school prices differ.

Parent Agreement (For Participant Under 18 Years Old): I acknowledge that I am the parent of the above-named participant as the term "parent" is defined in C.R.S. Section 13-22-107(2)(b), and, in addition to execution of the foregoing on behalf of the participant and myself, I hereby waive and release any prospective claim of the participant against the City of Louisville, its officers, employees, insurers, instructors, volunteers, officials, coaches, sponsors, partners or representatives for negligence, to the extent provided by C.R.S. Section 13-22-107(3), in connection with the participant's engaging in or spectating at the above-listed program(s).

I have read and understand the above stated class cancellation policy.

Participant/Guardian Signature: _____
Date: _____
Credit Card Number _____ / _____ / _____ / _____
3-Digit Security # _____ **Expiration Date** _____

RECEIVED: CHECK / CASH / CHARGE

Acknowledgement and Assumption of Risk: In registering for the above-listed program(s) of the Louisville Department of Parks and Recreation, I realize that participation in recreation programs, fitness classes, sports leagues and other parks or recreation activities are or may be dangerous and do or may involve risks, including but not limited to risks of bodily injury, personal injury, death, and property loss or damage. I realize that these risks include without limitation potential physical injury or death from causes such as use, misuse or malfunction of recreation equipment; vehicle accident; slipping, falling or colliding with objects or other participants, and from a variety of other foreseeable and unforeseeable circumstances connected with parks or recreation activities. By this agreement, I hereby voluntarily agree to assume all such risks of injury, death, loss or damage arising out of or related to my engaging in or spectating at such programs and activities, regardless of cause.

Waiver and Release of Liability: By this agreement, I hereby waive, exempt, release and discharge the City of Louisville, its officers, employees, insurers, instructors, volunteers, officials, coaches, sponsors, partners or representatives, from any and all claims, demands and actions of any kind for any bodily injury, personal injury, death, property damage or other damage or loss that may occur in any way as a result of engaging in or spectating at the above-listed recreation program(s), regardless of whether or not caused by the act, omission, negligence or other fault of the City, its officers, employees or any other of the above-listed persons or entities, or any other cause.

Indemnification: By this agreement, I further hereby voluntarily agree to indemnify and hold harmless the City of Louisville, its officers, employees, insurers, instructors, volunteers, officials, coaches, sponsors, partners or representatives, from and against all liabilities, claims and demands, including any third party claims for injury, death, loss, or damage resulting from my participation, to the extent such liabilities, claims or demands are the result my own negligence or intentionally misconduct, or that of my minor child.

Dessert and a Story with Santa!

Ages 8 & younger

Join us for a cozy and magical holiday event. Live music, sweet treats, a story and time to visit with Santa and his Elves, a keepsake ornament and other fun surprises. Kids, wear your PJs. Parents, bring your camera!

Hurry!

Spaces go fast for this seasonal favorite!

CODE	SESS	DATE	TIME	FEE
32024	1	W 12/10	5:30-6:30pm	\$7/\$9 Youth
32024	2	W 12/10	5:30-6:30pm	\$1/\$2 Adult
32024	3	W 12/10	7-8pm	\$7/\$9 Youth
32024	4	W 12/10	7-8pm	\$1/\$2 Adult

All adults and youth must register in advance. Infants, 6 months and younger, may attend free with a registered sibling.

Youth Crafters & Bakers Wanted!

CODE	SESS	TABLE	FEE
32025	1	3 ft. Card Table	\$3R / \$5NR
32025	2	6 ft. Table	\$5R / \$7NR

Only one table per family/group please, so we can accommodate as many as possible.

Wed., December 10 A fun way to earn extra money for the holidays. Sell homebaked goodies or craft items. Limited space - register early! Ages 18 and under only, please. Check our website for Bake Sale Tips for Success under the "Q" when you register. All tables must be set up and ready to go at 5pm or we reserve the right to resell your table and no refund will be given. We count on your timely participation. Thank you.



Youth Craft & Bake Sale!

Wednesday, Dec. 10 • 5-7:30pm

Come support Louisville's young aspiring crafters and bakers by doing some holiday shopping at this great event.

Nite @the rec

Kids grades 3-6 take over
the Rec Center!



**Sports Tournaments, *Dance Contests,*
Inflatables, *Swimming,* Concessions & *more!***

\$10 per person

Friday Nights • 7-10 PM

Fall Session: Sept. 12- Nov. 14

No Nite at the Rec on Oct. 31



THEMED NIGHTS INCLUDE: PJ Party, Hawaiian & Crazy Hair

For specific dates of theme nights and for more information
go to www.louisvillerecreation.com/niteattherec.php
or check us out on Facebook (www.facebook.com/niteattherec)

NITE AT THE REC KEY INFORMATION

1. A Participant Form must be completed each school year for every youth by a parent.
2. All youth must be signed in and out by an adult. Once a youth is signed in, they may not leave the premises without an adult signing them out. Youth not picked up by 10:30 will be released to the custody of the local authorities.

3. RESPECT is promoted at "Nite at the Rec," respect for self, others, and the facility. No smoking, no alcohol and no drugs. No fighting, no profanity, no dirty dancing, no inappropriate clothing. Nite at the Rec reserves the right to suspend or expel any guest who does not follow these guidelines.

**Parents are always encouraged to observe this program.
Stop in and say "Hello."**

More Information: www.louisvillerecreation.com/niteattherec.php or call Peggy Jones (303) 335-4920